

## Alexandria (Grafton)

Alexandria is a town in Grafton County bordering Newfound Lake. There are 378 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, depression, diabetes, stroke, peripheral vascular disease, osteoporosis, anemia, chronic kidney disease, and hearing impairment. However, they had a higher rate of cataracts. Community resources to support healthy aging include 4 primary care providers within 5 miles, 3 home health agencies, a senior center, and a public library.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		1,876	1,327,503
Population 60 years or older as % of total population		27.9%	22.7%
Total population 60 years or older		523	301,630
Population 65 years or older as % of total population		20.1%	15.8%
Total population 65 years or older		378	210,385
% 65-74 years		59.0%	58.5%
% 75-84 years		30.2%	28.6%
% 85 years or older		10.8%	12.9%
Gender (65+ population)			
% female		46.6%	54.7%
Race/Ethnicity (65+ population)			
% White		98.9%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		1.1%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		72.2%	58.5%
% divorced/separated		6.3%	14.0%
% widowed		16.1%	22.9%
% never married		5.3%	4.6%
Education (65+ population)			
% with less than high school education		17.7%	12.3%
% with high school or some college		72.8%	57.1%
% with college degree		9.5%	30.6%
% of 65+ population living alone		15.6%	26.1%
% of 65+ population who speak only English at home		99.2%	91.3%
% of 65+ population who are veterans of military service		27.5%	24.8%
Age-sex adjusted 1-year mortality rate		3.7%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		1.9%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.8%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		77.5%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		30.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		24.3%	19.9%
% 60+ getting recommended hours of sleep		68.7%	66.4%
% 60+ injured in a fall within last 12 months		8.2%	10.4%
% 65+ had hip fracture		3.0%	3.3%
% 60+ with self-reported fair or poor health status		13.3%	16.5%
% 60+ with 15+ physically unhealthy days last month		14.1%	12.5%
% 60+ with physical exam/check-up in past year		83.2%	86.5%
% 60+ met CDC preventive health screening goals		38.5%	40.3%
% 60+ flu shot past year		60.9%	59.3%
% 65+ with pneumonia vaccine		83.7%	77.8%
% 60+ with cholesterol screening		93.9%	95.3%
% 60+ women with a mammogram within last 2 years		79.2%	79.3%
% 60+ with colorectal cancer screening		69.9%	77.0%
% 60+ with HIV test		18.1%	13.5%
% 60+ current smokers		8.8%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		31.7%	29.0%
% 60+ with annual dental exam		73.5%	75.7%
# of dentists per 100,000 persons (all ages) (county)		83	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		24.1%	20.2%
% 60+ self-reported obese		22.1%	27.2%
% 65+ clinically diagnosed obese	B	13.3%	16.7%
% 65+ with high cholesterol		71.6%	72.2%
% 60+ excessive drinking		7.0%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		7.8%	6.9%
% 65+ with depression	B	25.6%	28.8%
% 65+ with anxiety disorders		19.7%	21.9%
% 65+ with bipolar disorders		3.3%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders		5.2%	4.9%
% 65+ with personality disorders		1.5%	1.1%
# opioid deaths (all ages) (county)		45	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.7%	5.5%
% 65+ with tobacco use disorders		10.6%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		11.4%	12.0%
% 65+ with diabetes	B	25.0%	28.2%
% 65+ with stroke	B	8.7%	10.8%
% 65+ with chronic obstructive pulmonary disease		18.7%	20.5%
% 65+ with asthma		12.7%	13.0%
% 65+ with hypertension		67.7%	70.2%
% 65+ ever had a heart attack		4.7%	4.5%
% 65+ with ischemic heart disease		32.4%	34.3%
% 65+ with congestive heart failure		15.8%	17.7%
% 65+ with atrial fibrillation		13.7%	14.4%
% 65+ with peripheral vascular disease	B	12.8%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		49.1%	49.1%
% 65+ with osteoporosis	B	13.7%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer		1.7%	1.6%
% 65+ with colon cancer		2.4%	2.4%
% 65+ women with breast cancer		9.8%	9.8%
% 65+ women with endometrial cancer		1.6%	1.7%
% 65+ men with prostate cancer		12.3%	11.5%
% 65+ with benign prostatic hyperplasia		35.5%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		18.7%	20.8%
% 65+ with anemia	B	34.6%	37.3%
% 65+ with chronic kidney disease	B	17.0%	22.3%
% 65+ with liver diseases		6.6%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.4%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		4.5%	4.0%
% 65+ with epilepsy		1.8%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		22.9%	22.9%
% 65+ with cataract	W	65.1%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.5%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	51.2%	54.4%
% 65+ with 0 chronic conditions		10.9%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		12.7%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	10.6%	14.4%
% 65+ with self-reported vision difficulty		5.8%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty	W	18.3%	6.9%
% 65+ with self-reported ambulatory difficulty	W	26.2%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.7%	3.2%
% 65+ with self-reported self-care difficulty		11.4%	5.6%
% 65+ with self-reported independent living difficulty	W	19.6%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees	*	10.0%	7.9%
% dually eligible for Medicare and Medicaid		7.2%	7.5%
% 60+ with a regular doctor		90.8%	95.8%
% 60+ who did not see doctor when needed due to cost		6.7%	5.4%
# of primary care providers within 5 miles		4	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		3	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	4.4	6.3
Emergency room visits/1000 persons 65+ years per year		565	572
Part D monthly prescription fills per person per year	*	43.5	49.1
Home health visits per year	*	1.7	2.5
Durable medical equipment claims per year	*	2.5	2.0
Inpatient hospital stays/1000 persons 65+ years per year		227	237
Medicare inpatient hospital readmissions (as % of admissions)		14.2%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		60	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.2%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		4.7%	0.8%
% of grandparents who live with grandchildren		8.4%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		32.0%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		89.0%	93.0%
% 60+ who used Internet in last month		78.9%	77.6%
Voter participation rate in 2018 election (age 18+)		52.3%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		0	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		40	586
Property crime rate /100,000 persons		1,180	2,012
% 65+ who own a motor vehicle		94.1%	91.0%
% 60+ who always drive wearing a seatbelt		76.1%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		17	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		11.1%	5.4%
% 60+ receiving food stamps past year		4.4%	5.7%
% 65+ employed past year		15.1%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		19.3%	18.2%
% households with annual income \$20,000-\$49,999		48.5%	36.5%
% households with annual income > \$50,000		32.2%	45.3%
% 60+ own home		83.3%	79.9%
% 60+ have mortgage on home		30.0%	35.3%
% 65+ households spend >35% of income on housing (renter)		3.5%	8.7%
% 65+ households spend >35% of income on housing (owner)		19.3%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$23,496	\$25,284	0.93
Single, renter, good health	\$26,592	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$35,436	\$37,128	0.95
Couple, renter, good health	\$38,532	\$38,244	1.01

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

#### Data Sources:

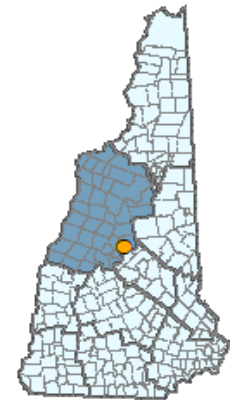
- Population Characteristics: The U.S. Census Bureau (American Community Survey 2012-2016).
- Wellness & Prevention: The Behavioral Risk Factor Surveillance System (2011-2016).
- Nutrition/Diet: BRFSS (2011-2016), CMS (2014-2015), and the U.S. Department of Agriculture Food Atlas (2017).
- Behavioral Health: BRFSS (2011-2016), CMS (2014-2015), CDC Wonder website (2014-2016).
- Chronic Disease: The Master Beneficiary Summary File ABCD/Other from CMS (2014-2015).
- Disability: CMS (2014-2015) for the clinical measures, and ACS (2012-2016) for the self-reported disability.
- Access to Care: BRFSS (2011-2016), CMS (2015), Medicare.gov (June-July 2018), the NH Division of Public Health Services (2018), National Adult Day Services Association (2018), memorycaresdirectory.com (2018), and the Alzheimer's Association (July 2018).
- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic Engagement: AARP (2018 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), the Aging & Disability Resource Center, U.S. Environmental Protection Agency Air Compare (2016), assistedlivingfacilities.org, ACS (2012-2016), the NH Department of Business and Economic Affairs Division of Travel and Tourism Development (August 2018), NH YMCA (July 2018), the Federal Communications Commission (2016), BRFSS (2011-2016), and the NH Secretary of State.
- Safety & Transportation: U.S. Department of Justice Federal Bureau of Investigation (August 2017), the County Health Rankings (2018), BRFSS (2011-2016), ACS (2012-2016), and the National Highway Traffic Safety Administration (2011-2015).
- Economic & Housing, Cost of Living: ACS (2012-2016) and the Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (August 2017).

*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019

## Ashland (Grafton)

Ashland is a rural town in central New Hampshire that is home to Scribner-Fellows State Forest. There are 405 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, depression, anxiety and bipolar disorders, schizophrenia and other psychotic disorders, tobacco use disorders, Alzheimer’s disease or related dementias, diabetes, chronic obstructive pulmonary disease, peripheral vascular disease, osteoporosis, chronic kidney disease, fibromyalgia/chronic pain/fatigue, migraine, epilepsy, pressure ulcers, and visual or mobility impairments. Community resources to support healthy aging include one hospital within 5 miles, 4 home health agencies, a senior center, and a public library.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		2,159	1,327,503
Population 60 years or older as % of total population		24.5%	22.7%
Total population 60 years or older		528	301,630
Population 65 years or older as % of total population		18.8%	15.8%
Total population 65 years or older		405	210,385
% 65-74 years		63.0%	58.5%
% 75-84 years		28.4%	28.6%
% 85 years or older		8.6%	12.9%
Gender (65+ population)			
% female		62.2%	54.7%
Race/Ethnicity (65+ population)			
% White		97.5%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		2.5%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		56.5%	58.5%
% divorced/separated		7.4%	14.0%
% widowed		28.1%	22.9%
% never married		7.9%	4.6%
Education (65+ population)			
% with less than high school education		8.9%	12.3%
% with high school or some college		63.2%	57.1%
% with college degree		27.9%	30.6%
% of 65+ population living alone		26.7%	26.1%
% of 65+ population who speak only English at home		94.8%	91.3%
% of 65+ population who are veterans of military service		23.7%	24.8%
Age-sex adjusted 1-year mortality rate		3.0%	4.1%



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<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		2.7%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		77.5%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		30.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		24.3%	19.9%
% 60+ getting recommended hours of sleep		68.7%	66.4%
% 60+ injured in a fall within last 12 months		8.2%	10.4%
% 65+ had hip fracture		2.7%	3.3%
% 60+ with self-reported fair or poor health status		13.3%	16.5%
% 60+ with 15+ physically unhealthy days last month		14.1%	12.5%
% 60+ with physical exam/check-up in past year		83.2%	86.5%
% 60+ met CDC preventive health screening goals		38.5%	40.3%
% 60+ flu shot past year		60.9%	59.3%
% 65+ with pneumonia vaccine		83.7%	77.8%
% 60+ with cholesterol screening		93.9%	95.3%
% 60+ women with a mammogram within last 2 years		79.2%	79.3%
% 60+ with colorectal cancer screening		69.9%	77.0%
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<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		31.7%	29.0%
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# of dentists per 100,000 persons (all ages) (county)		83	72
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% 65+ with osteoporosis	B	12.9%	17.4%
% 65+ with leukemias and lymphomas		1.7%	2.0%
% 65+ with lung cancer		1.4%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		10.3%	9.8%
% 65+ women with endometrial cancer		2.2%	1.7%
% 65+ men with prostate cancer		12.4%	11.5%
% 65+ with benign prostatic hyperplasia		35.0%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		21.7%	20.8%
% 65+ with anemia		35.4%	37.3%
% 65+ with chronic kidney disease	B	16.9%	22.3%
% 65+ with liver diseases		5.3%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	15.5%	18.6%

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% 65+ with epilepsy	B	1.3%	2.1%
% 65+ with traumatic brain injury		1.1%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		22.7%	22.9%
% 65+ with cataract		61.0%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	4.8%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	49.0%	54.4%
% 65+ with 0 chronic conditions		10.8%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty	W	27.4%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.3%	14.4%
% 65+ with self-reported vision difficulty		6.4%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.5%	0.9%
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% 65+ with self-reported independent living difficulty		8.9%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		8.7%	7.9%
% dually eligible for Medicare and Medicaid		5.9%	7.5%
% 60+ with a regular doctor		90.8%	95.8%
% 60+ who did not see doctor when needed due to cost		6.7%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		1	26
# of nursing homes within 5 miles		0	74
# of home health agencies		4	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	4.4	6.3
Emergency room visits/1000 persons 65+ years per year		622	572
Part D monthly prescription fills per person per year	*	43.0	49.1
Home health visits per year	*	1.2	2.5
Durable medical equipment claims per year		1.7	2.0
Inpatient hospital stays/1000 persons 65+ years per year		222	237
Medicare inpatient hospital readmissions (as % of admissions)		17.9%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		71	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.0%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		1.0%	0.8%
% of grandparents who live with grandchildren		1.7%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		36.5%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		89.0%	93.0%
% 60+ who used Internet in last month		78.9%	77.6%
Voter participation rate in 2018 election (age 18+)		50.3%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		97	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		40	586
Property crime rate /100,000 persons		2,244	2,012
% 65+ who own a motor vehicle		91.6%	91.0%
% 60+ who always drive wearing a seatbelt		76.1%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		17	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		10.1%	5.4%
% 60+ receiving food stamps past year		9.2%	5.7%
% 65+ employed past year		30.9%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		36.5%	18.2%
% households with annual income \$20,000-\$49,999		33.1%	36.5%
% households with annual income > \$50,000		30.4%	45.3%
% 60+ own home		66.3%	79.9%
% 60+ have mortgage on home		21.1%	35.3%
% 65+ households spend >35% of income on housing (renter)		10.6%	8.7%
% 65+ households spend >35% of income on housing (owner)		15.2%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$23,496	\$25,284	0.93
Single, renter, good health	\$26,592	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$35,436	\$37,128	0.95
Couple, renter, good health	\$38,532	\$38,244	1.01

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

#### Data Sources:

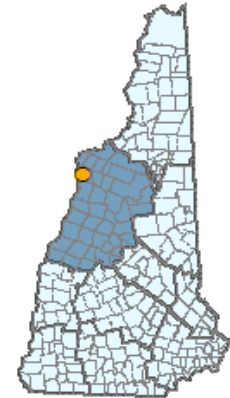
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- Nutrition/Diet: BRFSS (2011-2016), CMS (2014-2015), and the U.S. Department of Agriculture Food Atlas (2017).
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- Access to Care: BRFSS (2011-2016), CMS (2015), Medicare.gov (June-July 2018), the NH Division of Public Health Services (2018), National Adult Day Services Association (2018), memorycaresdirectory.com (2018), and the Alzheimer's Association (July 2018).
- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic Engagement: AARP (2018 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), the Aging & Disability Resource Center, U.S. Environmental Protection Agency Air Compare (2016), assistedlivingfacilities.org, ACS (2012-2016), the NH Department of Business and Economic Affairs Division of Travel and Tourism Development (August 2018), NH YMCA (July 2018), the Federal Communications Commission (2016), BRFSS (2011-2016), and the NH Secretary of State.
- Safety & Transportation: U.S. Department of Justice Federal Bureau of Investigation (August 2017), the County Health Rankings (2018), BRFSS (2011-2016), ACS (2012-2016), and the National Highway Traffic Safety Administration (2011-2015).
- Economic & Housing, Cost of Living: ACS (2012-2016) and the Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (August 2017).

*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, Shuangshuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019

## Bath (Grafton)

Bath is a rural town in Grafton County known for its historic architecture, including the notable Brick Store. There are 240 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, anxiety and bipolar disorders, Alzheimer’s disease or related dementias, stroke, peripheral vascular disease, hypothyroidism, and visual impairment. Community resources to support healthy aging include 4 primary care providers within 5 miles, 2 home health agencies, a senior center, and a public library.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		977	1,327,503
Population 60 years or older as % of total population		37.8%	22.7%
Total population 60 years or older		369	301,630
Population 65 years or older as % of total population		24.6%	15.8%
Total population 65 years or older		240	210,385
% 65-74 years		73.3%	58.5%
% 75-84 years		19.2%	28.6%
% 85 years or older		7.5%	12.9%
Gender (65+ population)			
% female		47.5%	54.7%
Race/Ethnicity (65+ population)			
% White		99.2%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.8%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		64.6%	58.5%
% divorced/separated		8.8%	14.0%
% widowed		20.4%	22.9%
% never married		6.3%	4.6%
Education (65+ population)			
% with less than high school education		8.3%	12.3%
% with high school or some college		62.9%	57.1%
% with college degree		28.8%	30.6%
% of 65+ population living alone		27.5%	26.1%
% of 65+ population who speak only English at home		98.8%	91.3%
% of 65+ population who are veterans of military service		21.7%	24.8%
Age-sex adjusted 1-year mortality rate		5.8%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		2.5%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		73.6%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		23.8%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.3%	58.6%
% 60+ met CDC guidelines for both types of physical activities		17.3%	19.9%
% 60+ getting recommended hours of sleep		64.8%	66.4%
% 60+ injured in a fall within last 12 months		9.6%	10.4%
% 65+ had hip fracture		3.5%	3.3%
% 60+ with self-reported fair or poor health status		18.0%	16.5%
% 60+ with 15+ physically unhealthy days last month		16.6%	12.5%
% 60+ with physical exam/check-up in past year		83.2%	86.5%
% 60+ met CDC preventive health screening goals		38.2%	40.3%
% 60+ flu shot past year		52.1%	59.3%
% 65+ with pneumonia vaccine		74.9%	77.8%
% 60+ with cholesterol screening		92.9%	95.3%
% 60+ women with a mammogram within last 2 years		77.0%	79.3%
% 60+ with colorectal cancer screening		80.9%	77.0%
% 60+ with HIV test		16.2%	13.5%
% 60+ current smokers		10.6%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		33.6%	29.0%
% 60+ with annual dental exam		69.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		83	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		15.2%	20.2%
% 60+ self-reported obese		27.6%	27.2%
% 65+ clinically diagnosed obese		20.0%	16.7%
% 65+ with high cholesterol	B	65.4%	72.2%
% 60+ excessive drinking		7.6%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		8.0%	6.9%
% 65+ with depression		24.9%	28.8%
% 65+ with anxiety disorders	B	16.4%	21.9%
% 65+ with bipolar disorders	B	2.0%	3.1%
% 65+ with post-traumatic stress disorder		0.9%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.9%	4.9%
% 65+ with personality disorders		1.0%	1.1%
# opioid deaths (all ages) (county)		45	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.2%	5.5%
% 65+ with tobacco use disorders		8.1%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	8.3%	12.0%
% 65+ with diabetes		25.3%	28.2%
% 65+ with stroke	B	6.5%	10.8%
% 65+ with chronic obstructive pulmonary disease		17.2%	20.5%
% 65+ with asthma		10.7%	13.0%
% 65+ with hypertension		73.6%	70.2%
% 65+ ever had a heart attack		6.6%	4.5%
% 65+ with ischemic heart disease		33.6%	34.3%
% 65+ with congestive heart failure		16.1%	17.7%
% 65+ with atrial fibrillation		11.7%	14.4%
% 65+ with peripheral vascular disease	B	10.6%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		48.8%	49.1%
% 65+ with osteoporosis		15.5%	17.4%
% 65+ with leukemias and lymphomas		1.8%	2.0%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with colon cancer		2.5%	2.4%
% 65+ women with breast cancer		14.8%	9.8%
% 65+ women with endometrial cancer		1.8%	1.7%
% 65+ men with prostate cancer		9.2%	11.5%
% 65+ with benign prostatic hyperplasia		33.3%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism	B	14.1%	20.8%
% 65+ with anemia		33.3%	37.3%
% 65+ with chronic kidney disease		18.2%	22.3%
% 65+ with liver diseases		7.1%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		17.7%	18.6%



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		3.5%	4.0%
% 65+ with epilepsy		1.8%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		21.0%	22.9%
% 65+ with cataract		63.6%	61.2%
% 65+ with pressure ulcer or chronic ulcer		4.9%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		51.2%	54.4%
% 65+ with 0 chronic conditions		8.7%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		17.1%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.7%	14.4%
% 65+ with self-reported vision difficulty		1.7%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.7%	0.9%
% 65+ with self-reported cognition difficulty		3.8%	6.9%
% 65+ with self-reported ambulatory difficulty		21.3%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.5%	3.2%
% 65+ with self-reported self-care difficulty		4.2%	5.6%
% 65+ with self-reported independent living difficulty		8.3%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		8.5%	7.9%
% dually eligible for Medicare and Medicaid	*	3.6%	7.5%
% 60+ with a regular doctor		96.4%	95.8%
% 60+ who did not see doctor when needed due to cost		9.7%	5.4%
# of primary care providers within 5 miles		4	2,961
# of hospitals within 5 miles		1	26
# of nursing homes within 5 miles		0	74
# of home health agencies		2	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	3.5	6.3
Emergency room visits/1000 persons 65+ years per year		502	572
Part D monthly prescription fills per person per year	*	42.7	49.1
Home health visits per year	*	0.7	2.5
Durable medical equipment claims per year		1.6	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	173	237
Medicare inpatient hospital readmissions (as % of admissions)	*	7.5%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		56	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.5%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		0.6%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		36.1%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		89.0%	93.0%
% 60+ who used Internet in last month		72.9%	77.6%
Voter participation rate in 2018 election (age 18+)		59.6%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		40	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		94.2%	91.0%
% 60+ who always drive wearing a seatbelt		73.0%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		17	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		3.8%	5.4%
% 60+ receiving food stamps past year		1.2%	5.7%
% 65+ employed past year		20.8%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		11.6%	18.2%
% households with annual income \$20,000-\$49,999		54.2%	36.5%
% households with annual income > \$50,000		34.2%	45.3%
% 60+ own home		88.6%	79.9%
% 60+ have mortgage on home		30.1%	35.3%
% 65+ households spend >35% of income on housing (renter)		1.3%	8.7%
% 65+ households spend >35% of income on housing (owner)		23.2%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$23,496	\$25,284	0.93
Single, renter, good health	\$26,592	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$35,436	\$37,128	0.95
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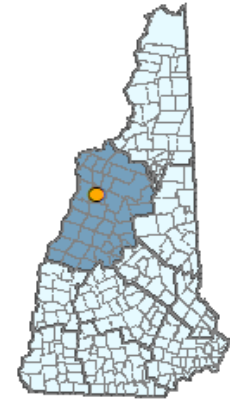
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- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic Engagement: AARP (2018 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), the Aging & Disability Resource Center, U.S. Environmental Protection Agency Air Compare (2016), assistedlivingfacilities.org, ACS (2012-2016), the NH Department of Business and Economic Affairs Division of Travel and Tourism Development (August 2018), NH YMCA (July 2018), the Federal Communications Commission (2016), BRFSS (2011-2016), and the NH Secretary of State.
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Update: 05/2019

## Benton (Grafton)

Benton is a rural town in western New Hampshire and home to a popular hiking site, Mount Moosilauke. There are 176 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, bipolar disorders, benign prostatic hyperplasia and visual impairment. However, they had higher rates of hypertension and heart attack. Community resources to support healthy aging include 2 home health agencies and a senior center.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		469	1,327,503
Population 60 years or older as % of total population		49.7%	22.7%
Total population 60 years or older		233	301,630
Population 65 years or older as % of total population		37.5%	15.8%
Total population 65 years or older		176	210,385
% 65-74 years		50.0%	58.5%
% 75-84 years		32.4%	28.6%
% 85 years or older		17.6%	12.9%
Gender (65+ population)			
% female		60.2%	54.7%
Race/Ethnicity (65+ population)			
% White		92.0%	97.7%
% African American		1.7%	0.5%
% Asian		0.0%	0.9%
% Other		6.3%	0.9%
% Hispanic/Latino		2.8%	0.9%
Marital Status (65+ population)			
% married		50.6%	58.5%
% divorced/separated		11.9%	14.0%
% widowed		30.7%	22.9%
% never married		6.8%	4.6%
Education (65+ population)			
% with less than high school education		21.0%	12.3%
% with high school or some college		67.6%	57.1%
% with college degree		11.4%	30.6%
% of 65+ population living alone		16.3%	26.1%
% of 65+ population who speak only English at home		90.9%	91.3%
% of 65+ population who are veterans of military service		12.5%	24.8%
Age-sex adjusted 1-year mortality rate		5.1%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		1.1%	3.6%
% moved from different county in New Hampshire		8.0%	1.0%
% moved from different state		2.8%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		73.6%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		23.8%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.3%	58.6%
% 60+ met CDC guidelines for both types of physical activities		17.3%	19.9%
% 60+ getting recommended hours of sleep		64.8%	66.4%
% 60+ injured in a fall within last 12 months		9.6%	10.4%
% 65+ had hip fracture		3.5%	3.3%
% 60+ with self-reported fair or poor health status		18.0%	16.5%
% 60+ with 15+ physically unhealthy days last month		16.6%	12.5%
% 60+ with physical exam/check-up in past year		83.2%	86.5%
% 60+ met CDC preventive health screening goals		38.2%	40.3%
% 60+ flu shot past year		52.1%	59.3%
% 65+ with pneumonia vaccine		74.9%	77.8%
% 60+ with cholesterol screening		92.9%	95.3%
% 60+ women with a mammogram within last 2 years		77.0%	79.3%
% 60+ with colorectal cancer screening		80.9%	77.0%
% 60+ with HIV test		16.2%	13.5%
% 60+ current smokers		10.6%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		33.6%	29.0%
% 60+ with annual dental exam		69.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		83	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		15.2%	20.2%
% 60+ self-reported obese		27.6%	27.2%
% 65+ clinically diagnosed obese		15.7%	16.7%
% 65+ with high cholesterol	B	66.1%	72.2%
% 60+ excessive drinking		7.6%	9.2%
% 65+ with poor supermarket access		41.3%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		8.0%	6.9%
% 65+ with depression		31.2%	28.8%
% 65+ with anxiety disorders		21.5%	21.9%
% 65+ with bipolar disorders	B	2.0%	3.1%
% 65+ with post-traumatic stress disorder		0.9%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.9%	4.9%
% 65+ with personality disorders		1.0%	1.1%
# opioid deaths (all ages) (county)		45	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.4%	5.5%
% 65+ with tobacco use disorders		9.1%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		14.3%	12.0%
% 65+ with diabetes		29.0%	28.2%
% 65+ with stroke		11.8%	10.8%
% 65+ with chronic obstructive pulmonary disease		19.1%	20.5%
% 65+ with asthma		13.3%	13.0%
% 65+ with hypertension	W	75.0%	70.2%
% 65+ ever had a heart attack	W	6.6%	4.5%
% 65+ with ischemic heart disease		34.9%	34.3%
% 65+ with congestive heart failure		19.7%	17.7%
% 65+ with atrial fibrillation		15.3%	14.4%
% 65+ with peripheral vascular disease		12.8%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		45.3%	49.1%
% 65+ with osteoporosis		15.8%	17.4%
% 65+ with leukemias and lymphomas		1.8%	2.0%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with colon cancer		2.5%	2.4%
% 65+ women with breast cancer		10.2%	9.8%
% 65+ women with endometrial cancer		1.8%	1.7%
% 65+ men with prostate cancer		8.5%	11.5%
% 65+ with benign prostatic hyperplasia	B	28.3%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		19.9%	20.8%
% 65+ with anemia		38.2%	37.3%
% 65+ with chronic kidney disease		20.7%	22.3%
% 65+ with liver diseases		6.8%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.5%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		3.5%	4.0%
% 65+ with epilepsy		1.8%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		23.3%	22.9%
% 65+ with cataract		63.8%	61.2%
% 65+ with pressure ulcer or chronic ulcer		8.3%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		55.2%	54.4%
% 65+ with 0 chronic conditions		10.6%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		8.8%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		13.2%	14.4%
% 65+ with self-reported vision difficulty		2.5%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.7%	0.9%
% 65+ with self-reported cognition difficulty		0.0%	6.9%
% 65+ with self-reported ambulatory difficulty		30.0%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.5%	3.2%
% 65+ with self-reported self-care difficulty		12.5%	5.6%
% 65+ with self-reported independent living difficulty		8.8%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees	*	6.0%	7.9%
% dually eligible for Medicare and Medicaid	*	15.6%	7.5%
% 60+ with a regular doctor		96.4%	95.8%
% 60+ who did not see doctor when needed due to cost		9.7%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		2	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	3.0	6.3
Emergency room visits/1000 persons 65+ years per year		658	572
Part D monthly prescription fills per person per year	*	55.3	49.1
Home health visits per year	*	1.4	2.5
Durable medical equipment claims per year		2.1	2.0
Inpatient hospital stays/1000 persons 65+ years per year		196	237
Medicare inpatient hospital readmissions (as % of admissions)		12.9%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		101	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	9.5%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		1.6%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		32.0%	16.0%
# of universities and community colleges		0	41
# of public libraries		0	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		89.0%	93.0%
% 60+ who used Internet in last month		72.9%	77.6%
Voter participation rate in 2018 election (age 18+)		39.3%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		40	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		100.0%	91.0%
% 60+ who always drive wearing a seatbelt		73.0%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		17	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		2.3%	5.4%
% 60+ receiving food stamps past year		0.0%	5.7%
% 65+ employed past year		8.0%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		26.1%	18.2%
% households with annual income \$20,000-\$49,999		43.5%	36.5%
% households with annual income > \$50,000		30.4%	45.3%
% 60+ own home		97.2%	79.9%
% 60+ have mortgage on home		25.4%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		37.0%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$23,496	\$25,284	0.93
Single, renter, good health	\$26,592	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$35,436	\$37,128	0.95
Couple, renter, good health	\$38,532	\$38,244	1.01

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

#### Data Sources:

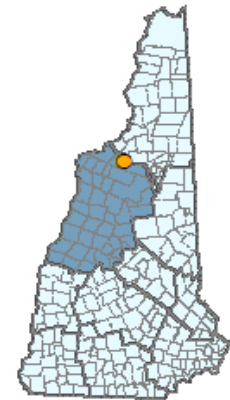
- Population Characteristics: The U.S. Census Bureau (American Community Survey 2012-2016).
- Wellness & Prevention: The Behavioral Risk Factor Surveillance System (2011-2016).
- Nutrition/Diet: BRFSS (2011-2016), CMS (2014-2015), and the U.S. Department of Agriculture Food Atlas (2017).
- Behavioral Health: BRFSS (2011-2016), CMS (2014-2015), CDC Wonder website (2014-2016).
- Chronic Disease: The Master Beneficiary Summary File ABCD/Other from CMS (2014-2015).
- Disability: CMS (2014-2015) for the clinical measures, and ACS (2012-2016) for the self-reported disability.
- Access to Care: BRFSS (2011-2016), CMS (2015), Medicare.gov (June-July 2018), the NH Division of Public Health Services (2018), National Adult Day Services Association (2018), memorycaresdirectory.com (2018), and the Alzheimer's Association (July 2018).
- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic Engagement: AARP (2018 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), the Aging & Disability Resource Center, U.S. Environmental Protection Agency Air Compare (2016), assistedlivingfacilities.org, ACS (2012-2016), the NH Department of Business and Economic Affairs Division of Travel and Tourism Development (August 2018), NH YMCA (July 2018), the Federal Communications Commission (2016), BRFSS (2011-2016), and the NH Secretary of State.
- Safety & Transportation: U.S. Department of Justice Federal Bureau of Investigation (August 2017), the County Health Rankings (2018), BRFSS (2011-2016), ACS (2012-2016), and the National Highway Traffic Safety Administration (2011-2015).
- Economic & Housing, Cost of Living: ACS (2012-2016) and the Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (August 2017).

*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, Shuangshuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019

## Bethlehem (Grafton)

Bethlehem is a rural town located in Grafton County containing the Cushman and Strawberry Hill state forests. There are 359 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, high cholesterol, depression, anxiety and bipolar disorders, diabetes, stroke, chronic obstructive pulmonary disease, hypertension, atrial fibrillation, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, hypothyroidism, chronic kidney disease and pressure ulcers. Community resources to support healthy aging include 2 home health agencies, a senior center, and a public library.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		2,540	1,327,503
Population 60 years or older as % of total population		26.9%	22.7%
Total population 60 years or older		682	301,630
Population 65 years or older as % of total population		14.1%	15.8%
Total population 65 years or older		359	210,385
% 65-74 years		73.0%	58.5%
% 75-84 years		19.2%	28.6%
% 85 years or older		7.8%	12.9%
Gender (65+ population)			
% female		48.2%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		1.7%	0.9%
Marital Status (65+ population)			
% married		54.0%	58.5%
% divorced/separated		30.9%	14.0%
% widowed		10.0%	22.9%
% never married		5.0%	4.6%
Education (65+ population)			
% with less than high school education		7.8%	12.3%
% with high school or some college		47.4%	57.1%
% with college degree		44.8%	30.6%
% of 65+ population living alone		24.8%	26.1%
% of 65+ population who speak only English at home		98.6%	91.3%
% of 65+ population who are veterans of military service		27.3%	24.8%
Age-sex adjusted 1-year mortality rate		5.4%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		2.2%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		2.2%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		73.6%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		23.8%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.3%	58.6%
% 60+ met CDC guidelines for both types of physical activities		17.3%	19.9%
% 60+ getting recommended hours of sleep		64.8%	66.4%
% 60+ injured in a fall within last 12 months		9.6%	10.4%
% 65+ had hip fracture		3.4%	3.3%
% 60+ with self-reported fair or poor health status		18.0%	16.5%
% 60+ with 15+ physically unhealthy days last month		16.6%	12.5%
% 60+ with physical exam/check-up in past year		83.2%	86.5%
% 60+ met CDC preventive health screening goals		38.2%	40.3%
% 60+ flu shot past year		52.1%	59.3%
% 65+ with pneumonia vaccine		74.9%	77.8%
% 60+ with cholesterol screening		92.9%	95.3%
% 60+ women with a mammogram within last 2 years		77.0%	79.3%
% 60+ with colorectal cancer screening		80.9%	77.0%
% 60+ with HIV test		16.2%	13.5%
% 60+ current smokers		10.6%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		33.6%	29.0%
% 60+ with annual dental exam		69.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		83	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		15.2%	20.2%
% 60+ self-reported obese		27.6%	27.2%
% 65+ clinically diagnosed obese	B	12.2%	16.7%
% 65+ with high cholesterol	B	59.9%	72.2%
% 60+ excessive drinking		7.6%	9.2%
% 65+ with poor supermarket access		0.5%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		8.0%	6.9%
% 65+ with depression	B	22.3%	28.8%
% 65+ with anxiety disorders	B	16.1%	21.9%
% 65+ with bipolar disorders	B	1.6%	3.1%
% 65+ with post-traumatic stress disorder		1.8%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.4%	4.9%
% 65+ with personality disorders		0.9%	1.1%
# opioid deaths (all ages) (county)		45	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		6.6%	5.5%
% 65+ with tobacco use disorders		9.1%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		9.8%	12.0%
% 65+ with diabetes	B	19.4%	28.2%
% 65+ with stroke	B	7.2%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	15.9%	20.5%
% 65+ with asthma		12.3%	13.0%
% 65+ with hypertension	B	62.2%	70.2%
% 65+ ever had a heart attack		4.4%	4.5%
% 65+ with ischemic heart disease		29.9%	34.3%
% 65+ with congestive heart failure		18.2%	17.7%
% 65+ with atrial fibrillation	B	10.7%	14.4%
% 65+ with peripheral vascular disease	B	10.8%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	38.4%	49.1%
% 65+ with osteoporosis		14.8%	17.4%
% 65+ with leukemias and lymphomas		1.7%	2.0%
% 65+ with lung cancer		1.4%	1.6%
% 65+ with colon cancer		2.6%	2.4%
% 65+ women with breast cancer		9.5%	9.8%
% 65+ women with endometrial cancer		2.0%	1.7%
% 65+ men with prostate cancer		10.8%	11.5%
% 65+ with benign prostatic hyperplasia		35.8%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism	B	13.2%	20.8%
% 65+ with anemia		32.3%	37.3%
% 65+ with chronic kidney disease	B	13.5%	22.3%
% 65+ with liver diseases		5.0%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		15.4%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		3.8%	4.0%
% 65+ with epilepsy		1.8%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		19.0%	22.9%
% 65+ with cataract	B	55.0%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.6%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	46.2%	54.4%
% 65+ with 0 chronic conditions	B	17.9%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		10.9%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.7%	14.4%
% 65+ with self-reported vision difficulty		6.4%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		2.5%	6.9%
% 65+ with self-reported ambulatory difficulty		19.5%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.7%	3.2%
% 65+ with self-reported self-care difficulty		8.4%	5.6%
% 65+ with self-reported independent living difficulty		15.6%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		6.9%	7.9%
% dually eligible for Medicare and Medicaid		6.7%	7.5%
% 60+ with a regular doctor		96.4%	95.8%
% 60+ who did not see doctor when needed due to cost		9.7%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		2	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	3.9	6.3
Emergency room visits/1000 persons 65+ years per year		549	572
Part D monthly prescription fills per person per year	*	42.6	49.1
Home health visits per year		2.0	2.5
Durable medical equipment claims per year	*	1.3	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	167	237
Medicare inpatient hospital readmissions (as % of admissions)	*	7.5%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		69	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.8%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		3.9%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		31.6%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		89.0%	93.0%
% 60+ who used Internet in last month		72.9%	77.6%
Voter participation rate in 2018 election (age 18+)		61.7%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		91	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		40	586
Property crime rate /100,000 persons		993	2,012
% 65+ who own a motor vehicle		94.1%	91.0%
% 60+ who always drive wearing a seatbelt		73.0%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		17	151



HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		7.8%	5.4%
% 60+ receiving food stamps past year		8.6%	5.7%
% 65+ employed past year		37.3%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		13.8%	18.2%
% households with annual income \$20,000-\$49,999		39.9%	36.5%
% households with annual income > \$50,000		46.3%	45.3%
% 60+ own home		88.7%	79.9%
% 60+ have mortgage on home		44.6%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		24.6%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$23,496	\$25,284	0.93
Single, renter, good health	\$26,592	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$35,436	\$37,128	0.95
Couple, renter, good health	\$38,532	\$38,244	1.01

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

#### Data Sources:

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- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic Engagement: AARP (2018 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), the Aging & Disability Resource Center, U.S. Environmental Protection Agency Air Compare (2016), assistedlivingfacilities.org, ACS (2012-2016), the NH Department of Business and Economic Affairs Division of Travel and Tourism Development (August 2018), NH YMCA (July 2018), the Federal Communications Commission (2016), BRFSS (2011-2016), and the NH Secretary of State.
- Safety & Transportation: U.S. Department of Justice Federal Bureau of Investigation (August 2017), the County Health Rankings (2018), BRFSS (2011-2016), ACS (2012-2016), and the National Highway Traffic Safety Administration (2011-2015).
- Economic & Housing, Cost of Living: ACS (2012-2016) and the Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (August 2017).

*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019

## Bridgewater (Grafton)

Bridgewater is a rural town in central New Hampshire that follows the eastern shore of Newfound Lake. There are 316 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, depression, diabetes, stroke, peripheral vascular disease, osteoporosis, anemia, chronic kidney disease, and hearing impairment. However, they had a higher rate of cataracts. Community resources to support healthy aging include 29 primary care providers within 5 miles, 3 home health agencies, and a senior center.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		987	1,327,503
Population 60 years or older as % of total population		42.9%	22.7%
Total population 60 years or older		423	301,630
Population 65 years or older as % of total population		32.0%	15.8%
Total population 65 years or older		316	210,385
% 65-74 years		53.5%	58.5%
% 75-84 years		35.1%	28.6%
% 85 years or older		11.4%	12.9%
Gender (65+ population)			
% female		58.9%	54.7%
Race/Ethnicity (65+ population)			
% White		99.1%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.9%	0.9%
% Hispanic/Latino		1.3%	0.9%
Marital Status (65+ population)			
% married		65.2%	58.5%
% divorced/separated		8.9%	14.0%
% widowed		22.2%	22.9%
% never married		3.8%	4.6%
Education (65+ population)			
% with less than high school education		8.2%	12.3%
% with high school or some college		49.1%	57.1%
% with college degree		42.7%	30.6%
% of 65+ population living alone		21.2%	26.1%
% of 65+ population who speak only English at home		96.5%	91.3%
% of 65+ population who are veterans of military service		27.5%	24.8%
Age-sex adjusted 1-year mortality rate		3.7%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		4.1%	3.6%
% moved from different county in New Hampshire		2.5%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		77.5%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		30.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		24.3%	19.9%
% 60+ getting recommended hours of sleep		68.7%	66.4%
% 60+ injured in a fall within last 12 months		8.2%	10.4%
% 65+ had hip fracture		3.0%	3.3%
% 60+ with self-reported fair or poor health status		13.3%	16.5%
% 60+ with 15+ physically unhealthy days last month		14.1%	12.5%
% 60+ with physical exam/check-up in past year		83.2%	86.5%
% 60+ met CDC preventive health screening goals		38.5%	40.3%
% 60+ flu shot past year		60.9%	59.3%
% 65+ with pneumonia vaccine		83.7%	77.8%
% 60+ with cholesterol screening		93.9%	95.3%
% 60+ women with a mammogram within last 2 years		79.2%	79.3%
% 60+ with colorectal cancer screening		69.9%	77.0%
% 60+ with HIV test		18.1%	13.5%
% 60+ current smokers		8.8%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		31.7%	29.0%
% 60+ with annual dental exam		73.5%	75.7%
# of dentists per 100,000 persons (all ages) (county)		83	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		24.1%	20.2%
% 60+ self-reported obese		22.1%	27.2%
% 65+ clinically diagnosed obese	B	13.3%	16.7%
% 65+ with high cholesterol		71.6%	72.2%
% 60+ excessive drinking		7.0%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		7.8%	6.9%
% 65+ with depression	B	25.6%	28.8%
% 65+ with anxiety disorders		19.7%	21.9%
% 65+ with bipolar disorders		3.3%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders		5.2%	4.9%
% 65+ with personality disorders		1.5%	1.1%
# opioid deaths (all ages) (county)		45	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.7%	5.5%
% 65+ with tobacco use disorders		10.6%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		11.4%	12.0%
% 65+ with diabetes	B	25.0%	28.2%
% 65+ with stroke	B	8.7%	10.8%
% 65+ with chronic obstructive pulmonary disease		18.7%	20.5%
% 65+ with asthma		12.7%	13.0%
% 65+ with hypertension		67.7%	70.2%
% 65+ ever had a heart attack		4.7%	4.5%
% 65+ with ischemic heart disease		32.4%	34.3%
% 65+ with congestive heart failure		15.8%	17.7%
% 65+ with atrial fibrillation		13.7%	14.4%
% 65+ with peripheral vascular disease	B	12.8%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		49.1%	49.1%
% 65+ with osteoporosis	B	13.7%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer		1.7%	1.6%
% 65+ with colon cancer		2.4%	2.4%
% 65+ women with breast cancer		9.8%	9.8%
% 65+ women with endometrial cancer		1.6%	1.7%
% 65+ men with prostate cancer		12.3%	11.5%
% 65+ with benign prostatic hyperplasia		35.5%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		18.7%	20.8%
% 65+ with anemia	B	34.6%	37.3%
% 65+ with chronic kidney disease	B	17.0%	22.3%
% 65+ with liver diseases		6.6%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.4%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		4.5%	4.0%
% 65+ with epilepsy		1.8%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		22.9%	22.9%
% 65+ with cataract	W	65.1%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.5%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	51.2%	54.4%
% 65+ with 0 chronic conditions		10.9%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		17.7%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	10.6%	14.4%
% 65+ with self-reported vision difficulty		3.8%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		3.8%	6.9%
% 65+ with self-reported ambulatory difficulty		21.5%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.7%	3.2%
% 65+ with self-reported self-care difficulty		2.5%	5.6%
% 65+ with self-reported independent living difficulty		12.3%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees	*	10.0%	7.9%
% dually eligible for Medicare and Medicaid		7.2%	7.5%
% 60+ with a regular doctor		90.8%	95.8%
% 60+ who did not see doctor when needed due to cost		6.7%	5.4%
# of primary care providers within 5 miles		29	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		3	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	4.4	6.3
Emergency room visits/1000 persons 65+ years per year		565	572
Part D monthly prescription fills per person per year	*	43.5	49.1
Home health visits per year	*	1.7	2.5
Durable medical equipment claims per year	*	2.5	2.0
Inpatient hospital stays/1000 persons 65+ years per year		227	237
Medicare inpatient hospital readmissions (as % of admissions)		14.2%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		60	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.2%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		1.7%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		55.1%	16.0%
# of universities and community colleges		0	41
# of public libraries		0	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		89.0%	93.0%
% 60+ who used Internet in last month		78.9%	77.6%
Voter participation rate in 2018 election (age 18+)		68.5%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		40	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		96.4%	91.0%
% 60+ who always drive wearing a seatbelt		76.1%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		17	151



HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		5.1%	5.4%
% 60+ receiving food stamps past year		2.3%	5.7%
% 65+ employed past year		18.0%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		26.8%	18.2%
% households with annual income \$20,000-\$49,999		26.3%	36.5%
% households with annual income > \$50,000		46.9%	45.3%
% 60+ own home		86.2%	79.9%
% 60+ have mortgage on home		32.7%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		21.6%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$23,496	\$25,284	0.93
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- Behavioral Health: BRFSS (2011-2016), CMS (2014-2015), CDC Wonder website (2014-2016).
- Chronic Disease: The Master Beneficiary Summary File ABCD/Other from CMS (2014-2015).
- Disability: CMS (2014-2015) for the clinical measures, and ACS (2012-2016) for the self-reported disability.
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Update: 05/2019



## Bristol (Grafton)

Bristol is a town located in Grafton County that is home to Profile Falls on the Smith River. There are 585 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, depression, diabetes, stroke, peripheral vascular disease, osteoporosis, anemia, chronic kidney disease, and hearing impairment. However, they had a higher rate of cataracts. Community resources to support healthy aging include 4 primary care providers within 5 miles, 3 home health agencies, a community health center, 2 assisted living sites, a senior center, and a public library.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		3,050	1,327,503
Population 60 years or older as % of total population		26.8%	22.7%
Total population 60 years or older		818	301,630
Population 65 years or older as % of total population		19.2%	15.8%
Total population 65 years or older		585	210,385
% 65-74 years		61.9%	58.5%
% 75-84 years		26.2%	28.6%
% 85 years or older		12.0%	12.9%
Gender (65+ population)			
% female		55.0%	54.7%
Race/Ethnicity (65+ population)			
% White		99.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		1.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		60.7%	58.5%
% divorced/separated		8.9%	14.0%
% widowed		27.5%	22.9%
% never married		2.9%	4.6%
Education (65+ population)			
% with less than high school education		4.6%	12.3%
% with high school or some college		69.6%	57.1%
% with college degree		25.8%	30.6%
% of 65+ population living alone		30.6%	26.1%
% of 65+ population who speak only English at home		98.6%	91.3%
% of 65+ population who are veterans of military service		33.3%	24.8%
Age-sex adjusted 1-year mortality rate		3.7%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		2.7%	1.0%
% moved from different state		1.5%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		77.5%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		30.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		24.3%	19.9%
% 60+ getting recommended hours of sleep		68.7%	66.4%
% 60+ injured in a fall within last 12 months		8.2%	10.4%
% 65+ had hip fracture		3.0%	3.3%
% 60+ with self-reported fair or poor health status		13.3%	16.5%
% 60+ with 15+ physically unhealthy days last month		14.1%	12.5%
% 60+ with physical exam/check-up in past year		83.2%	86.5%
% 60+ met CDC preventive health screening goals		38.5%	40.3%
% 60+ flu shot past year		60.9%	59.3%
% 65+ with pneumonia vaccine		83.7%	77.8%
% 60+ with cholesterol screening		93.9%	95.3%
% 60+ women with a mammogram within last 2 years		79.2%	79.3%
% 60+ with colorectal cancer screening		69.9%	77.0%
% 60+ with HIV test		18.1%	13.5%
% 60+ current smokers		8.8%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		31.7%	29.0%
% 60+ with annual dental exam		73.5%	75.7%
# of dentists per 100,000 persons (all ages) (county)		83	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		24.1%	20.2%
% 60+ self-reported obese		22.1%	27.2%
% 65+ clinically diagnosed obese	B	13.3%	16.7%
% 65+ with high cholesterol		71.6%	72.2%
% 60+ excessive drinking		7.0%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		7.8%	6.9%
% 65+ with depression	B	25.6%	28.8%
% 65+ with anxiety disorders		19.7%	21.9%
% 65+ with bipolar disorders		3.3%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders		5.2%	4.9%
% 65+ with personality disorders		1.5%	1.1%
# opioid deaths (all ages) (county)		45	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.7%	5.5%
% 65+ with tobacco use disorders		10.6%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		11.4%	12.0%
% 65+ with diabetes	B	25.0%	28.2%
% 65+ with stroke	B	8.7%	10.8%
% 65+ with chronic obstructive pulmonary disease		18.7%	20.5%
% 65+ with asthma		12.7%	13.0%
% 65+ with hypertension		67.7%	70.2%
% 65+ ever had a heart attack		4.7%	4.5%
% 65+ with ischemic heart disease		32.4%	34.3%
% 65+ with congestive heart failure		15.8%	17.7%
% 65+ with atrial fibrillation		13.7%	14.4%
% 65+ with peripheral vascular disease	B	12.8%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		49.1%	49.1%
% 65+ with osteoporosis	B	13.7%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer		1.7%	1.6%
% 65+ with colon cancer		2.4%	2.4%
% 65+ women with breast cancer		9.8%	9.8%
% 65+ women with endometrial cancer		1.6%	1.7%
% 65+ men with prostate cancer		12.3%	11.5%
% 65+ with benign prostatic hyperplasia		35.5%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		18.7%	20.8%
% 65+ with anemia	B	34.6%	37.3%
% 65+ with chronic kidney disease	B	17.0%	22.3%
% 65+ with liver diseases		6.6%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.4%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		4.5%	4.0%
% 65+ with epilepsy		1.8%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		22.9%	22.9%
% 65+ with cataract	W	65.1%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.5%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	51.2%	54.4%
% 65+ with 0 chronic conditions		10.9%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		8.9%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	10.6%	14.4%
% 65+ with self-reported vision difficulty		4.3%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		16.1%	6.9%
% 65+ with self-reported ambulatory difficulty		28.0%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.7%	3.2%
% 65+ with self-reported self-care difficulty		6.7%	5.6%
% 65+ with self-reported independent living difficulty		14.7%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees	*	10.0%	7.9%
% dually eligible for Medicare and Medicaid		7.2%	7.5%
% 60+ with a regular doctor		90.8%	95.8%
% 60+ who did not see doctor when needed due to cost		6.7%	5.4%
# of primary care providers within 5 miles		4	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		3	49
# of community health centers		1	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	4.4	6.3
Emergency room visits/1000 persons 65+ years per year		565	572
Part D monthly prescription fills per person per year	*	43.5	49.1
Home health visits per year	*	1.7	2.5
Durable medical equipment claims per year	*	2.5	2.0
Inpatient hospital stays/1000 persons 65+ years per year		227	237
Medicare inpatient hospital readmissions (as % of admissions)		14.2%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		60	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.2%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.2%	0.8%
% of grandparents who live with grandchildren		4.1%	2.5%
# of assisted living sites		2	134
% of vacant homes in community		46.1%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		89.0%	93.0%
% 60+ who used Internet in last month		78.9%	77.6%
Voter participation rate in 2018 election (age 18+)		53.7%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		273	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		40	586
Property crime rate /100,000 persons		2,456	2,012
% 65+ who own a motor vehicle		94.6%	91.0%
% 60+ who always drive wearing a seatbelt		76.1%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		17	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		5.5%	5.4%
% 60+ receiving food stamps past year		5.6%	5.7%
% 65+ employed past year		27.7%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		17.8%	18.2%
% households with annual income \$20,000-\$49,999		47.9%	36.5%
% households with annual income > \$50,000		34.3%	45.3%
% 60+ own home		88.0%	79.9%
% 60+ have mortgage on home		31.5%	35.3%
% 65+ households spend >35% of income on housing (renter)		2.8%	8.7%
% 65+ households spend >35% of income on housing (owner)		28.6%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$23,496	\$25,284	0.93
Single, renter, good health	\$26,592	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$35,436	\$37,128	0.95
Couple, renter, good health	\$38,532	\$38,244	1.01

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

#### Data Sources:

- Population Characteristics: The U.S. Census Bureau (American Community Survey 2012-2016).
- Wellness & Prevention: The Behavioral Risk Factor Surveillance System (2011-2016).
- Nutrition/Diet: BRFSS (2011-2016), CMS (2014-2015), and the U.S. Department of Agriculture Food Atlas (2017).
- Behavioral Health: BRFSS (2011-2016), CMS (2014-2015), CDC Wonder website (2014-2016).
- Chronic Disease: The Master Beneficiary Summary File ABCD/Other from CMS (2014-2015).
- Disability: CMS (2014-2015) for the clinical measures, and ACS (2012-2016) for the self-reported disability.
- Access to Care: BRFSS (2011-2016), CMS (2015), Medicare.gov (June-July 2018), the NH Division of Public Health Services (2018), National Adult Day Services Association (2018), memorycaresdirectory.com (2018), and the Alzheimer's Association (July 2018).
- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic Engagement: AARP (2018 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), the Aging & Disability Resource Center, U.S. Environmental Protection Agency Air Compare (2016), assistedlivingfacilities.org, ACS (2012-2016), the NH Department of Business and Economic Affairs Division of Travel and Tourism Development (August 2018), NH YMCA (July 2018), the Federal Communications Commission (2016), BRFSS (2011-2016), and the NH Secretary of State.
- Safety & Transportation: U.S. Department of Justice Federal Bureau of Investigation (August 2017), the County Health Rankings (2018), BRFSS (2011-2016), ACS (2012-2016), and the National Highway Traffic Safety Administration (2011-2015).
- Economic & Housing, Cost of Living: ACS (2012-2016) and the Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (August 2017).

Healthy Aging Data Report Team. Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019

## Campton (Grafton)

Campton is a town located in Grafton County in the foothills of the White Mountains. There are 986 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, depression, anxiety and bipolar disorders, schizophrenia and other psychotic disorders, stroke, chronic obstructive pulmonary disease, hypertension, ischemic heart disease, peripheral vascular disease, osteoporosis, prostate cancer, anemia, chronic kidney disease, migraine, epilepsy, pressure ulcers, hearing, visual, and mobility impairments. Community resources to support healthy aging include 2 home health agencies, a senior center, and a public library.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		3,303	1,327,503
Population 60 years or older as % of total population		38.1%	22.7%
Total population 60 years or older		1,257	301,630
Population 65 years or older as % of total population		29.9%	15.8%
Total population 65 years or older		986	210,385
% 65-74 years		71.8%	58.5%
% 75-84 years		17.8%	28.6%
% 85 years or older		10.3%	12.9%
Gender (65+ population)			
% female		49.6%	54.7%
Race/Ethnicity (65+ population)			
% White		97.7%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		2.3%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		71.1%	58.5%
% divorced/separated		17.6%	14.0%
% widowed		7.6%	22.9%
% never married		3.7%	4.6%
Education (65+ population)			
% with less than high school education		9.6%	12.3%
% with high school or some college		40.4%	57.1%
% with college degree		50.0%	30.6%
% of 65+ population living alone		11.0%	26.1%
% of 65+ population who speak only English at home		96.6%	91.3%
% of 65+ population who are veterans of military service		39.0%	24.8%
Age-sex adjusted 1-year mortality rate		4.2%	4.1%



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		77.5%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		30.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		24.3%	19.9%
% 60+ getting recommended hours of sleep		68.7%	66.4%
% 60+ injured in a fall within last 12 months		8.2%	10.4%
% 65+ had hip fracture		2.7%	3.3%
% 60+ with self-reported fair or poor health status		13.3%	16.5%
% 60+ with 15+ physically unhealthy days last month		14.1%	12.5%
% 60+ with physical exam/check-up in past year		83.2%	86.5%
% 60+ met CDC preventive health screening goals		38.5%	40.3%
% 60+ flu shot past year		60.9%	59.3%
% 65+ with pneumonia vaccine		83.7%	77.8%
% 60+ with cholesterol screening		93.9%	95.3%
% 60+ women with a mammogram within last 2 years		79.2%	79.3%
% 60+ with colorectal cancer screening		69.9%	77.0%
% 60+ with HIV test		18.1%	13.5%
% 60+ current smokers		8.8%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		31.7%	29.0%
% 60+ with annual dental exam		73.5%	75.7%
# of dentists per 100,000 persons (all ages) (county)		83	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		24.1%	20.2%
% 60+ self-reported obese		22.1%	27.2%
% 65+ clinically diagnosed obese		13.7%	16.7%
% 65+ with high cholesterol	B	66.1%	72.2%
% 60+ excessive drinking		7.0%	9.2%
% 65+ with poor supermarket access		1.3%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		7.8%	6.9%
% 65+ with depression	B	25.1%	28.8%
% 65+ with anxiety disorders	B	18.4%	21.9%
% 65+ with bipolar disorders	B	1.5%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.6%	4.9%
% 65+ with personality disorders		0.7%	1.1%
# opioid deaths (all ages) (county)		45	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.6%	5.5%
% 65+ with tobacco use disorders		8.8%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		9.6%	12.0%
% 65+ with diabetes		24.5%	28.2%
% 65+ with stroke	B	6.1%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	15.6%	20.5%
% 65+ with asthma		13.3%	13.0%
% 65+ with hypertension	B	64.2%	70.2%
% 65+ ever had a heart attack		4.2%	4.5%
% 65+ with ischemic heart disease	B	28.9%	34.3%
% 65+ with congestive heart failure		15.0%	17.7%
% 65+ with atrial fibrillation		13.0%	14.4%
% 65+ with peripheral vascular disease	B	9.9%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		49.8%	49.1%
% 65+ with osteoporosis	B	10.7%	17.4%
% 65+ with leukemias and lymphomas		1.7%	2.0%
% 65+ with lung cancer		1.4%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		7.8%	9.8%
% 65+ women with endometrial cancer		2.2%	1.7%
% 65+ men with prostate cancer	B	8.2%	11.5%
% 65+ with benign prostatic hyperplasia		31.6%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		20.1%	20.8%
% 65+ with anemia	B	33.2%	37.3%
% 65+ with chronic kidney disease	B	17.0%	22.3%
% 65+ with liver diseases		5.8%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		15.9%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache	B	3.1%	4.0%
% 65+ with epilepsy	B	1.3%	2.1%
% 65+ with traumatic brain injury		1.1%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		20.4%	22.9%
% 65+ with cataract		62.3%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	4.6%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	46.9%	54.4%
% 65+ with 0 chronic conditions		11.4%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		20.7%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	10.9%	14.4%
% 65+ with self-reported vision difficulty		2.8%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.5%	0.9%
% 65+ with self-reported cognition difficulty		6.9%	6.9%
% 65+ with self-reported ambulatory difficulty	B	9.1%	18.8%
% 65+ with clinical diagnosis of mobility impairments	B	1.7%	3.2%
% 65+ with self-reported self-care difficulty		2.0%	5.6%
% 65+ with self-reported independent living difficulty	B	4.7%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		8.1%	7.9%
% dually eligible for Medicare and Medicaid		6.8%	7.5%
% 60+ with a regular doctor		90.8%	95.8%
% 60+ who did not see doctor when needed due to cost		6.7%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		2	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	4.0	6.3
Emergency room visits/1000 persons 65+ years per year		596	572
Part D monthly prescription fills per person per year	*	41.8	49.1
Home health visits per year	*	1.1	2.5
Durable medical equipment claims per year		2.3	2.0
Inpatient hospital stays/1000 persons 65+ years per year		250	237
Medicare inpatient hospital readmissions (as % of admissions)		12.3%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		57	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.4%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		0.0%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		40.2%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		89.0%	93.0%
% 60+ who used Internet in last month		78.9%	77.6%
Voter participation rate in 2018 election (age 18+)		55.2%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		272	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		40	586
Property crime rate /100,000 persons		1,580	2,012
% 65+ who own a motor vehicle		100.0%	91.0%
% 60+ who always drive wearing a seatbelt		76.1%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		17	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		4.2%	5.4%
% 60+ receiving food stamps past year		5.3%	5.7%
% 65+ employed past year		28.6%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		12.9%	18.2%
% households with annual income \$20,000-\$49,999		19.2%	36.5%
% households with annual income > \$50,000		67.9%	45.3%
% 60+ own home		100.0%	79.9%
% 60+ have mortgage on home		36.1%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		21.1%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$23,496	\$25,284	0.93
Single, renter, good health	\$26,592	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$35,436	\$37,128	0.95
Couple, renter, good health	\$38,532	\$38,244	1.01

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms “better” and “worse” to highlight differences between community and state estimates that we are confident are not due to chance. “Better” is used where a higher/lower value has positive implications for the health of older residents. “Worse” is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

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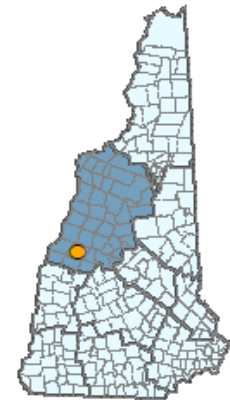
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*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019

## Canaan (Grafton)

Canaan is a town in western New Hampshire and home to the Cardigan Mountain School. There are 547 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of tooth loss, obesity, high cholesterol, anxiety disorders, post-traumatic stress disorders, schizophrenia and other psychotic disorders, Alzheimer's disease or related dementias, hypertension, osteoporosis, lung cancer, benign prostatic hyperplasia, hypothyroidism, anemia, liver diseases, glaucoma, cataracts, and pressure ulcers. However, they had higher rates of leukemias and lymphomas. They are more likely to take the health promotion steps of doing physical activity within the past month, following the CDC guidelines for both muscle-strengthening and aerobic physical activity, getting the recommended hours of sleep, not smoking, and having an annual dental exam. Community resources to support healthy aging include 3 primary care providers within 5 miles, 3 home health agencies, a senior center, and a public library.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		3,907	1,327,503
Population 60 years or older as % of total population		23.8%	22.7%
Total population 60 years or older		930	301,630
Population 65 years or older as % of total population		14.0%	15.8%
Total population 65 years or older		547	210,385
% 65-74 years		52.8%	58.5%
% 75-84 years		36.0%	28.6%
% 85 years or older		11.2%	12.9%
Gender (65+ population)			
% female		55.2%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		71.3%	58.5%
% divorced/separated		7.7%	14.0%
% widowed		18.6%	22.9%
% never married		2.4%	4.6%
Education (65+ population)			
% with less than high school education		16.8%	12.3%
% with high school or some college		49.9%	57.1%
% with college degree		33.3%	30.6%
% of 65+ population living alone		18.1%	26.1%
% of 65+ population who speak only English at home		94.3%	91.3%
% of 65+ population who are veterans of military service		22.5%	24.8%
Age-sex adjusted 1-year mortality rate		3.1%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month	B	84.4%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		29.9%	26.0%
% 60+ met CDC guidelines for aerobic physical activity	B	69.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities		23.4%	19.9%
% 60+ getting recommended hours of sleep	B	73.6%	66.4%
% 60+ injured in a fall within last 12 months		11.4%	10.4%
% 65+ had hip fracture		3.2%	3.3%
% 60+ with self-reported fair or poor health status		13.9%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.4%	12.5%
% 60+ with physical exam/check-up in past year		80.9%	86.5%
% 60+ met CDC preventive health screening goals		39.7%	40.3%
% 60+ flu shot past year		66.1%	59.3%
% 65+ with pneumonia vaccine		81.0%	77.8%
% 60+ with cholesterol screening		94.5%	95.3%
% 60+ women with a mammogram within last 2 years		70.6%	79.3%
% 60+ with colorectal cancer screening		74.2%	77.0%
% 60+ with HIV test		14.4%	13.5%
% 60+ current smokers	B	3.9%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth	B	18.5%	29.0%
% 60+ with annual dental exam	B	83.6%	75.7%
# of dentists per 100,000 persons (all ages) (county)		83	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		25.4%	20.2%
% 60+ self-reported obese	B	19.5%	27.2%
% 65+ clinically diagnosed obese		18.6%	16.7%
% 65+ with high cholesterol	B	56.7%	72.2%
% 60+ excessive drinking		9.8%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		5.0%	6.9%
% 65+ with depression		27.3%	28.8%
% 65+ with anxiety disorders	B	15.3%	21.9%
% 65+ with bipolar disorders		2.5%	3.1%
% 65+ with post-traumatic stress disorder	B	0.7%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.9%	4.9%
% 65+ with personality disorders		0.9%	1.1%
# opioid deaths (all ages) (county)		45	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.0%	5.5%
% 65+ with tobacco use disorders		13.2%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	9.8%	12.0%
% 65+ with diabetes		27.5%	28.2%
% 65+ with stroke		10.1%	10.8%
% 65+ with chronic obstructive pulmonary disease		18.3%	20.5%
% 65+ with asthma		14.6%	13.0%
% 65+ with hypertension	B	65.3%	70.2%
% 65+ ever had a heart attack		6.2%	4.5%
% 65+ with ischemic heart disease		31.9%	34.3%
% 65+ with congestive heart failure		16.9%	17.7%
% 65+ with atrial fibrillation		13.6%	14.4%
% 65+ with peripheral vascular disease		14.4%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		45.2%	49.1%
% 65+ with osteoporosis	B	14.1%	17.4%
% 65+ with leukemias and lymphomas	W	3.4%	2.0%
% 65+ with lung cancer	B	1.1%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		8.4%	9.8%
% 65+ women with endometrial cancer		1.5%	1.7%
% 65+ men with prostate cancer		10.8%	11.5%
% 65+ with benign prostatic hyperplasia	B	27.8%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism	B	17.8%	20.8%
% 65+ with anemia	B	28.7%	37.3%
% 65+ with chronic kidney disease		19.5%	22.3%
% 65+ with liver diseases	B	5.0%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		16.7%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		4.4%	4.0%
% 65+ with epilepsy		1.6%	2.1%
% 65+ with traumatic brain injury		1.0%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	19.5%	22.9%
% 65+ with cataract	B	57.3%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	4.6%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	48.1%	54.4%
% 65+ with 0 chronic conditions	B	14.8%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		14.8%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		13.1%	14.4%
% 65+ with self-reported vision difficulty		6.9%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty		3.8%	6.9%
% 65+ with self-reported ambulatory difficulty	W	31.1%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.6%	3.2%
% 65+ with self-reported self-care difficulty		10.4%	5.6%
% 65+ with self-reported independent living difficulty		14.1%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		7.4%	7.9%
% dually eligible for Medicare and Medicaid		7.6%	7.5%
% 60+ with a regular doctor		94.4%	95.8%
% 60+ who did not see doctor when needed due to cost		3.8%	5.4%
# of primary care providers within 5 miles		3	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		3	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	4.9	6.3
Emergency room visits/1000 persons 65+ years per year	*	443	572
Part D monthly prescription fills per person per year		45.8	49.1
Home health visits per year		2.8	2.5
Durable medical equipment claims per year		1.9	2.0
Inpatient hospital stays/1000 persons 65+ years per year		215	237
Medicare inpatient hospital readmissions (as % of admissions)		16.5%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		61	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.3%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		1.4%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		22.2%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		89.0%	93.0%
% 60+ who used Internet in last month		84.8%	77.6%
Voter participation rate in 2018 election (age 18+)		46.0%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		40	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		97.3%	91.0%
% 60+ who always drive wearing a seatbelt		82.9%	77.1%
# of fatal crashes involving adult age 60+/town		3	151
# of fatal crashes involving adult age 60+/county		17	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		13.5%	5.4%
% 60+ receiving food stamps past year		6.8%	5.7%
% 65+ employed past year		17.0%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		20.0%	18.2%
% households with annual income \$20,000-\$49,999		44.9%	36.5%
% households with annual income > \$50,000		35.1%	45.3%
% 60+ own home		87.9%	79.9%
% 60+ have mortgage on home		20.9%	35.3%
% 65+ households spend >35% of income on housing (renter)		4.1%	8.7%
% 65+ households spend >35% of income on housing (owner)		14.3%	21.2%
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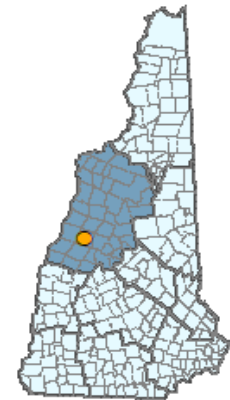
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Update: 05/2019

## Dorchester (Grafton)

Dorchester is a rural town in Grafton County that is home to the Province Road State Forest. There are 82 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, high cholesterol, depression, chronic obstructive pulmonary disease, hypertension, peripheral vascular disease, osteoporosis, anemia, chronic kidney disease, pressure ulcers, and hearing impairment. Community resources to support healthy aging include 3 home health agencies and a senior center.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		334	1,327,503
Population 60 years or older as % of total population		34.4%	22.7%
Total population 60 years or older		115	301,630
Population 65 years or older as % of total population		24.6%	15.8%
Total population 65 years or older		82	210,385
% 65-74 years		62.2%	58.5%
% 75-84 years		28.0%	28.6%
% 85 years or older		9.8%	12.9%
Gender (65+ population)			
% female		56.1%	54.7%
Race/Ethnicity (65+ population)			
% White		95.1%	97.7%
% African American		0.0%	0.5%
% Asian		3.7%	0.9%
% Other		1.2%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		59.8%	58.5%
% divorced/separated		14.6%	14.0%
% widowed		24.4%	22.9%
% never married		1.2%	4.6%
Education (65+ population)			
% with less than high school education		22.0%	12.3%
% with high school or some college		43.9%	57.1%
% with college degree		34.1%	30.6%
% of 65+ population living alone		12.2%	26.1%
% of 65+ population who speak only English at home		95.1%	91.3%
% of 65+ population who are veterans of military service		32.9%	24.8%
Age-sex adjusted 1-year mortality rate		3.7%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		2.4%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		6.1%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		77.5%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		30.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		24.3%	19.9%
% 60+ getting recommended hours of sleep		68.7%	66.4%
% 60+ injured in a fall within last 12 months		8.2%	10.4%
% 65+ had hip fracture		3.0%	3.3%
% 60+ with self-reported fair or poor health status		13.3%	16.5%
% 60+ with 15+ physically unhealthy days last month		14.1%	12.5%
% 60+ with physical exam/check-up in past year		83.2%	86.5%
% 60+ met CDC preventive health screening goals		38.5%	40.3%
% 60+ flu shot past year		60.9%	59.3%
% 65+ with pneumonia vaccine		83.7%	77.8%
% 60+ with cholesterol screening		93.9%	95.3%
% 60+ women with a mammogram within last 2 years		79.2%	79.3%
% 60+ with colorectal cancer screening		69.9%	77.0%
% 60+ with HIV test		18.1%	13.5%
% 60+ current smokers		8.8%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		31.7%	29.0%
% 60+ with annual dental exam		73.5%	75.7%
# of dentists per 100,000 persons (all ages) (county)		83	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		24.1%	20.2%
% 60+ self-reported obese		22.1%	27.2%
% 65+ clinically diagnosed obese	B	12.8%	16.7%
% 65+ with high cholesterol	B	67.1%	72.2%
% 60+ excessive drinking		7.0%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		7.8%	6.9%
% 65+ with depression	B	23.8%	28.8%
% 65+ with anxiety disorders		18.6%	21.9%
% 65+ with bipolar disorders		3.3%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders		5.2%	4.9%
% 65+ with personality disorders		1.5%	1.1%
# opioid deaths (all ages) (county)		45	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.0%	5.5%
% 65+ with tobacco use disorders		11.6%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		10.3%	12.0%
% 65+ with diabetes		24.7%	28.2%
% 65+ with stroke		10.5%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	16.3%	20.5%
% 65+ with asthma		13.3%	13.0%
% 65+ with hypertension	B	65.1%	70.2%
% 65+ ever had a heart attack		4.0%	4.5%
% 65+ with ischemic heart disease		31.8%	34.3%
% 65+ with congestive heart failure		16.2%	17.7%
% 65+ with atrial fibrillation		15.0%	14.4%
% 65+ with peripheral vascular disease	B	10.3%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		44.9%	49.1%
% 65+ with osteoporosis	B	12.1%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer		1.7%	1.6%
% 65+ with colon cancer		2.4%	2.4%
% 65+ women with breast cancer		8.4%	9.8%
% 65+ women with endometrial cancer		1.6%	1.7%
% 65+ men with prostate cancer		10.9%	11.5%
% 65+ with benign prostatic hyperplasia		37.8%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		20.6%	20.8%
% 65+ with anemia	B	32.6%	37.3%
% 65+ with chronic kidney disease	B	16.4%	22.3%
% 65+ with liver diseases		6.0%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.0%	18.6%



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		4.5%	4.0%
% 65+ with epilepsy		1.8%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		23.4%	22.9%
% 65+ with cataract		58.8%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	5.0%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	49.6%	54.4%
% 65+ with 0 chronic conditions	B	14.2%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		17.1%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	11.0%	14.4%
% 65+ with self-reported vision difficulty		9.8%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		1.2%	6.9%
% 65+ with self-reported ambulatory difficulty		17.1%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.7%	3.2%
% 65+ with self-reported self-care difficulty		8.5%	5.6%
% 65+ with self-reported independent living difficulty		11.0%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		7.9%	7.9%
% dually eligible for Medicare and Medicaid	*	4.3%	7.5%
% 60+ with a regular doctor		90.8%	95.8%
% 60+ who did not see doctor when needed due to cost		6.7%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		3	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	4.3	6.3
Emergency room visits/1000 persons 65+ years per year		570	572
Part D monthly prescription fills per person per year	*	43.7	49.1
Home health visits per year	*	1.1	2.5
Durable medical equipment claims per year		1.8	2.0
Inpatient hospital stays/1000 persons 65+ years per year		202	237
Medicare inpatient hospital readmissions (as % of admissions)		13.8%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		51	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.3%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		0.0%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		40.8%	16.0%
# of universities and community colleges		0	41
# of public libraries		0	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		89.0%	93.0%
% 60+ who used Internet in last month		78.9%	77.6%
Voter participation rate in 2018 election (age 18+)		58.5%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		40	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		97.5%	91.0%
% 60+ who always drive wearing a seatbelt		76.1%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		17	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		3.7%	5.4%
% 60+ receiving food stamps past year		1.5%	5.7%
% 65+ employed past year		23.2%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		15.0%	18.2%
% households with annual income \$20,000-\$49,999		35.0%	36.5%
% households with annual income > \$50,000		50.0%	45.3%
% 60+ own home		93.3%	79.9%
% 60+ have mortgage on home		30.0%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		20.0%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$23,496	\$25,284	0.93
Single, renter, good health	\$26,592	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$35,436	\$37,128	0.95
Couple, renter, good health	\$38,532	\$38,244	1.01

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

#### Data Sources:

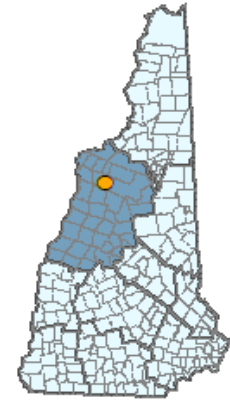
- Population Characteristics: The U.S. Census Bureau (American Community Survey 2012-2016).
- Wellness & Prevention: The Behavioral Risk Factor Surveillance System (2011-2016).
- Nutrition/Diet: BRFSS (2011-2016), CMS (2014-2015), and the U.S. Department of Agriculture Food Atlas (2017).
- Behavioral Health: BRFSS (2011-2016), CMS (2014-2015), CDC Wonder website (2014-2016).
- Chronic Disease: The Master Beneficiary Summary File ABCD/Other from CMS (2014-2015).
- Disability: CMS (2014-2015) for the clinical measures, and ACS (2012-2016) for the self-reported disability.
- Access to Care: BRFSS (2011-2016), CMS (2015), Medicare.gov (June-July 2018), the NH Division of Public Health Services (2018), National Adult Day Services Association (2018), memorycaresdirectory.com (2018), and the Alzheimer's Association (July 2018).
- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic Engagement: AARP (2018 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), the Aging & Disability Resource Center, U.S. Environmental Protection Agency Air Compare (2016), assistedlivingfacilities.org, ACS (2012-2016), the NH Department of Business and Economic Affairs Division of Travel and Tourism Development (August 2018), NH YMCA (July 2018), the Federal Communications Commission (2016), BRFSS (2011-2016), and the NH Secretary of State.
- Safety & Transportation: U.S. Department of Justice Federal Bureau of Investigation (August 2017), the County Health Rankings (2018), BRFSS (2011-2016), ACS (2012-2016), and the National Highway Traffic Safety Administration (2011-2015).
- Economic & Housing, Cost of Living: ACS (2012-2016) and the Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (August 2017).

*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, Shuangshuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019

## Easton (Grafton)

Easton is a rural town located in Grafton County situated between Mount Moosilauke and Mount Lafayette. There are 78 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, high cholesterol, anxiety disorders, bipolar and tobacco use disorders, Alzheimer’s disease or related dementias, diabetes, chronic obstructive pulmonary disease, asthma, hypertension, ischemic heart disease, congestive heart failure, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, benign prostatic hyperplasia, hypothyroidism, anemia, chronic kidney disease, and fibromyalgia/chronic pain/fatigue. Community resources to support healthy aging include 2 home health agencies and a senior center.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		274	1,327,503
Population 60 years or older as % of total population		49.3%	22.7%
Total population 60 years or older		135	301,630
Population 65 years or older as % of total population		28.5%	15.8%
Total population 65 years or older		78	210,385
% 65-74 years		66.7%	58.5%
% 75-84 years		29.5%	28.6%
% 85 years or older		3.8%	12.9%
Gender (65+ population)			
% female		50.0%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		76.9%	58.5%
% divorced/separated		15.4%	14.0%
% widowed		2.6%	22.9%
% never married		5.1%	4.6%
Education (65+ population)			
% with less than high school education		9.0%	12.3%
% with high school or some college		37.2%	57.1%
% with college degree		53.8%	30.6%
% of 65+ population living alone		21.8%	26.1%
% of 65+ population who speak only English at home		91.0%	91.3%
% of 65+ population who are veterans of military service		21.8%	24.8%
Age-sex adjusted 1-year mortality rate		3.4%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		73.6%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		23.8%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.3%	58.6%
% 60+ met CDC guidelines for both types of physical activities		17.3%	19.9%
% 60+ getting recommended hours of sleep		64.8%	66.4%
% 60+ injured in a fall within last 12 months		9.6%	10.4%
% 65+ had hip fracture		3.4%	3.3%
% 60+ with self-reported fair or poor health status		18.0%	16.5%
% 60+ with 15+ physically unhealthy days last month		16.6%	12.5%
% 60+ with physical exam/check-up in past year		83.2%	86.5%
% 60+ met CDC preventive health screening goals		38.2%	40.3%
% 60+ flu shot past year		52.1%	59.3%
% 65+ with pneumonia vaccine		74.9%	77.8%
% 60+ with cholesterol screening		92.9%	95.3%
% 60+ women with a mammogram within last 2 years		77.0%	79.3%
% 60+ with colorectal cancer screening		80.9%	77.0%
% 60+ with HIV test		16.2%	13.5%
% 60+ current smokers		10.6%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		33.6%	29.0%
% 60+ with annual dental exam		69.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		83	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		15.2%	20.2%
% 60+ self-reported obese		27.6%	27.2%
% 65+ clinically diagnosed obese	B	10.9%	16.7%
% 65+ with high cholesterol	B	62.8%	72.2%
% 60+ excessive drinking		7.6%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		8.0%	6.9%
% 65+ with depression		25.2%	28.8%
% 65+ with anxiety disorders	B	17.2%	21.9%
% 65+ with bipolar disorders	B	1.6%	3.1%
% 65+ with post-traumatic stress disorder		1.8%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.4%	4.9%
% 65+ with personality disorders		0.9%	1.1%
# opioid deaths (all ages) (county)		45	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.7%	5.5%
% 65+ with tobacco use disorders	B	5.8%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	9.3%	12.0%
% 65+ with diabetes	B	18.0%	28.2%
% 65+ with stroke		8.3%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	9.2%	20.5%
% 65+ with asthma	B	10.2%	13.0%
% 65+ with hypertension	B	61.0%	70.2%
% 65+ ever had a heart attack		3.0%	4.5%
% 65+ with ischemic heart disease	B	24.4%	34.3%
% 65+ with congestive heart failure	B	13.7%	17.7%
% 65+ with atrial fibrillation		12.1%	14.4%
% 65+ with peripheral vascular disease	B	10.4%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	43.0%	49.1%
% 65+ with osteoporosis		17.0%	17.4%
% 65+ with leukemias and lymphomas		1.7%	2.0%
% 65+ with lung cancer		1.4%	1.6%
% 65+ with colon cancer		2.6%	2.4%
% 65+ women with breast cancer		9.5%	9.8%
% 65+ women with endometrial cancer		2.0%	1.7%
% 65+ men with prostate cancer		12.6%	11.5%
% 65+ with benign prostatic hyperplasia	B	29.4%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism	B	15.6%	20.8%
% 65+ with anemia	B	31.0%	37.3%
% 65+ with chronic kidney disease	B	11.7%	22.3%
% 65+ with liver diseases		5.0%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	13.5%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		3.8%	4.0%
% 65+ with epilepsy		1.8%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		25.2%	22.9%
% 65+ with cataract		65.1%	61.2%
% 65+ with pressure ulcer or chronic ulcer		5.4%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	39.2%	54.4%
% 65+ with 0 chronic conditions	B	13.7%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		10.3%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		17.5%	14.4%
% 65+ with self-reported vision difficulty		9.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		11.5%	6.9%
% 65+ with self-reported ambulatory difficulty		15.4%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.7%	3.2%
% 65+ with self-reported self-care difficulty		5.1%	5.6%
% 65+ with self-reported independent living difficulty		10.3%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		6.6%	7.9%
% dually eligible for Medicare and Medicaid	*	4.6%	7.5%
% 60+ with a regular doctor		96.4%	95.8%
% 60+ who did not see doctor when needed due to cost		9.7%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		2	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	4.4	6.3
Emergency room visits/1000 persons 65+ years per year		480	572
Part D monthly prescription fills per person per year	*	37.8	49.1
Home health visits per year	*	1.2	2.5
Durable medical equipment claims per year	*	1.3	2.0
Inpatient hospital stays/1000 persons 65+ years per year		184	237
Medicare inpatient hospital readmissions (as % of admissions)		18.8%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		71	76
# skilled nursing home Medicare beds/1000 persons 65+ years		122	33
% 65+ getting Medicaid long term services and supports		2.6%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		2.3%	0.8%
% of grandparents who live with grandchildren		2.3%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		36.6%	16.0%
# of universities and community colleges		0	41
# of public libraries		0	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		89.0%	93.0%
% 60+ who used Internet in last month		72.9%	77.6%
Voter participation rate in 2018 election (age 18+)		80.0%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		40	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		86.8%	91.0%
% 60+ who always drive wearing a seatbelt		73.0%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		17	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		0.0%	5.4%
% 60+ receiving food stamps past year		7.0%	5.7%
% 65+ employed past year		23.1%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		7.5%	18.2%
% households with annual income \$20,000-\$49,999		49.1%	36.5%
% households with annual income > \$50,000		43.4%	45.3%
% 60+ own home		98.8%	79.9%
% 60+ have mortgage on home		26.2%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		22.6%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$23,496	\$25,284	0.93
Single, renter, good health	\$26,592	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$35,436	\$37,128	0.95
Couple, renter, good health	\$38,532	\$38,244	1.01

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

#### Data Sources:

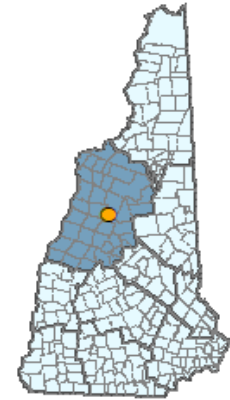
- Population Characteristics: The U.S. Census Bureau (American Community Survey 2012-2016).
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- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic Engagement: AARP (2018 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), the Aging & Disability Resource Center, U.S. Environmental Protection Agency Air Compare (2016), assistedlivingfacilities.org, ACS (2012-2016), the NH Department of Business and Economic Affairs Division of Travel and Tourism Development (August 2018), NH YMCA (July 2018), the Federal Communications Commission (2016), BRFSS (2011-2016), and the NH Secretary of State.
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*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, Shuangshuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019

## Ellsworth (Grafton)

Ellsworth is a rural town located in Grafton County and the only dry town in the state. There are 107 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, depression, anxiety and bipolar disorders, schizophrenia and other psychotic disorders, stroke, chronic obstructive pulmonary disease, hypertension, ischemic heart disease, peripheral vascular disease, osteoporosis, prostate cancer, anemia, chronic kidney disease, migraine and other chronic headache, epilepsy, pressure ulcers, and hearing and visual impairments. Community resources to support healthy aging include 2 home health agencies and a senior center.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		107	1,327,503
Population 60 years or older as % of total population		43.9%	22.7%
Total population 60 years or older		47	301,630
Population 65 years or older as % of total population		34.6%	15.8%
Total population 65 years or older		37	210,385
% 65-74 years		89.2%	58.5%
% 75-84 years		10.8%	28.6%
% 85 years or older		0.0%	12.9%
Gender (65+ population)			
% female		54.1%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		81.1%	58.5%
% divorced/separated		5.4%	14.0%
% widowed		13.5%	22.9%
% never married		0.0%	4.6%
Education (65+ population)			
% with less than high school education		5.4%	12.3%
% with high school or some college		81.1%	57.1%
% with college degree		13.5%	30.6%
% of 65+ population living alone		18.9%	26.1%
% of 65+ population who speak only English at home		100.0%	91.3%
% of 65+ population who are veterans of military service		37.8%	24.8%
Age-sex adjusted 1-year mortality rate		4.2%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		77.5%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		30.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		24.3%	19.9%
% 60+ getting recommended hours of sleep		68.7%	66.4%
% 60+ injured in a fall within last 12 months		8.2%	10.4%
% 65+ had hip fracture		2.7%	3.3%
% 60+ with self-reported fair or poor health status		13.3%	16.5%
% 60+ with 15+ physically unhealthy days last month		14.1%	12.5%
% 60+ with physical exam/check-up in past year		83.2%	86.5%
% 60+ met CDC preventive health screening goals		38.5%	40.3%
% 60+ flu shot past year		60.9%	59.3%
% 65+ with pneumonia vaccine		83.7%	77.8%
% 60+ with cholesterol screening		93.9%	95.3%
% 60+ women with a mammogram within last 2 years		79.2%	79.3%
% 60+ with colorectal cancer screening		69.9%	77.0%
% 60+ with HIV test		18.1%	13.5%
% 60+ current smokers		8.8%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		31.7%	29.0%
% 60+ with annual dental exam		73.5%	75.7%
# of dentists per 100,000 persons (all ages) (county)		83	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		24.1%	20.2%
% 60+ self-reported obese		22.1%	27.2%
% 65+ clinically diagnosed obese		13.7%	16.7%
% 65+ with high cholesterol	B	66.1%	72.2%
% 60+ excessive drinking		7.0%	9.2%
% 65+ with poor supermarket access		1.3%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		7.8%	6.9%
% 65+ with depression	B	25.1%	28.8%
% 65+ with anxiety disorders	B	18.4%	21.9%
% 65+ with bipolar disorders	B	1.5%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.6%	4.9%
% 65+ with personality disorders		0.7%	1.1%
# opioid deaths (all ages) (county)		45	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.6%	5.5%
% 65+ with tobacco use disorders		8.8%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		9.6%	12.0%
% 65+ with diabetes		24.5%	28.2%
% 65+ with stroke	B	6.1%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	15.6%	20.5%
% 65+ with asthma		13.3%	13.0%
% 65+ with hypertension	B	64.2%	70.2%
% 65+ ever had a heart attack		4.2%	4.5%
% 65+ with ischemic heart disease	B	28.9%	34.3%
% 65+ with congestive heart failure		15.0%	17.7%
% 65+ with atrial fibrillation		13.0%	14.4%
% 65+ with peripheral vascular disease	B	9.9%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		49.8%	49.1%
% 65+ with osteoporosis	B	10.7%	17.4%
% 65+ with leukemias and lymphomas		1.7%	2.0%
% 65+ with lung cancer		1.4%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		7.8%	9.8%
% 65+ women with endometrial cancer		2.2%	1.7%
% 65+ men with prostate cancer	B	8.2%	11.5%
% 65+ with benign prostatic hyperplasia		31.6%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		20.1%	20.8%
% 65+ with anemia	B	33.2%	37.3%
% 65+ with chronic kidney disease	B	17.0%	22.3%
% 65+ with liver diseases		5.8%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		15.9%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache	B	3.1%	4.0%
% 65+ with epilepsy	B	1.3%	2.1%
% 65+ with traumatic brain injury		1.1%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		20.4%	22.9%
% 65+ with cataract		62.3%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	4.6%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	46.9%	54.4%
% 65+ with 0 chronic conditions		11.4%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		5.4%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	10.9%	14.4%
% 65+ with self-reported vision difficulty		0.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.5%	0.9%
% 65+ with self-reported cognition difficulty		0.0%	6.9%
% 65+ with self-reported ambulatory difficulty		5.4%	18.8%
% 65+ with clinical diagnosis of mobility impairments	B	1.7%	3.2%
% 65+ with self-reported self-care difficulty		0.0%	5.6%
% 65+ with self-reported independent living difficulty		0.0%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		8.1%	7.9%
% dually eligible for Medicare and Medicaid		6.8%	7.5%
% 60+ with a regular doctor		90.8%	95.8%
% 60+ who did not see doctor when needed due to cost		6.7%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		2	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	4.0	6.3
Emergency room visits/1000 persons 65+ years per year		596	572
Part D monthly prescription fills per person per year	*	41.8	49.1
Home health visits per year	*	1.1	2.5
Durable medical equipment claims per year		2.3	2.0
Inpatient hospital stays/1000 persons 65+ years per year		250	237
Medicare inpatient hospital readmissions (as % of admissions)		12.3%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		57	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.4%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		0.0%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		56.8%	16.0%
# of universities and community colleges		0	41
# of public libraries		0	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		89.0%	93.0%
% 60+ who used Internet in last month		78.9%	77.6%
Voter participation rate in 2018 election (age 18+)		59.1%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		40	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		100.0%	91.0%
% 60+ who always drive wearing a seatbelt		76.1%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		17	151



HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		0.0%	5.4%
% 60+ receiving food stamps past year		0.0%	5.7%
% 65+ employed past year		37.8%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		22.7%	18.2%
% households with annual income \$20,000-\$49,999		59.1%	36.5%
% households with annual income > \$50,000		18.2%	45.3%
% 60+ own home		100.0%	79.9%
% 60+ have mortgage on home		28.1%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		22.7%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$23,496	\$25,284	0.93
Single, renter, good health	\$26,592	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$35,436	\$37,128	0.95
Couple, renter, good health	\$38,532	\$38,244	1.01

#### TECHNICAL NOTES

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Update: 05/2019

## Enfield (Grafton)

Enfield is a town located in western New Hampshire and is home to Mascoma Lake. There are 859 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of tooth loss, high cholesterol, bipolar disorders, Alzheimer's disease or related dementias, chronic obstructive pulmonary disease, ischemic heart disease, colon cancer, prostate cancer, benign prostatic hyperplasia, hypothyroidism, anemia, and chronic kidney disease. However, they had higher rates of leukemias and lymphomas. They are more likely to take the health promotion steps of not smoking and engaging in any physical activity within the last month, meeting the CDC guidelines for aerobic activities, getting the recommended hours of sleep, and having an annual dental exam. Community resources to support healthy aging include a primary care provider within 5 miles, 2 home health agencies, a senior center, and a public library.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		4,557	1,327,503
Population 60 years or older as % of total population		26.4%	22.7%
Total population 60 years or older		1,204	301,630
Population 65 years or older as % of total population		18.9%	15.8%
Total population 65 years or older		859	210,385
% 65-74 years		66.9%	58.5%
% 75-84 years		28.9%	28.6%
% 85 years or older		4.2%	12.9%
Gender (65+ population)			
% female		47.8%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		68.6%	58.5%
% divorced/separated		18.0%	14.0%
% widowed		9.8%	22.9%
% never married		3.6%	4.6%
Education (65+ population)			
% with less than high school education		5.6%	12.3%
% with high school or some college		57.6%	57.1%
% with college degree		36.8%	30.6%
% of 65+ population living alone		17.2%	26.1%
% of 65+ population who speak only English at home		97.7%	91.3%
% of 65+ population who are veterans of military service		27.7%	24.8%
Age-sex adjusted 1-year mortality rate		4.4%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		2.2%	3.6%
% moved from different county in New Hampshire		0.7%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month	B	84.4%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		29.9%	26.0%
% 60+ met CDC guidelines for aerobic physical activity	B	69.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities		23.4%	19.9%
% 60+ getting recommended hours of sleep	B	73.6%	66.4%
% 60+ injured in a fall within last 12 months		11.4%	10.4%
% 65+ had hip fracture		3.1%	3.3%
% 60+ with self-reported fair or poor health status		13.9%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.4%	12.5%
% 60+ with physical exam/check-up in past year		80.9%	86.5%
% 60+ met CDC preventive health screening goals		39.7%	40.3%
% 60+ flu shot past year		66.1%	59.3%
% 65+ with pneumonia vaccine		81.0%	77.8%
% 60+ with cholesterol screening		94.5%	95.3%
% 60+ women with a mammogram within last 2 years		70.6%	79.3%
% 60+ with colorectal cancer screening		74.2%	77.0%
% 60+ with HIV test		14.4%	13.5%
% 60+ current smokers	B	3.9%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth	B	18.5%	29.0%
% 60+ with annual dental exam	B	83.6%	75.7%
# of dentists per 100,000 persons (all ages) (county)		83	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		25.4%	20.2%
% 60+ self-reported obese	B	19.5%	27.2%
% 65+ clinically diagnosed obese		16.5%	16.7%
% 65+ with high cholesterol	B	62.5%	72.2%
% 60+ excessive drinking		9.8%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		5.0%	6.9%
% 65+ with depression		29.0%	28.8%
% 65+ with anxiety disorders		18.7%	21.9%
% 65+ with bipolar disorders	B	2.4%	3.1%
% 65+ with post-traumatic stress disorder		1.2%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.4%	4.9%
% 65+ with personality disorders		1.2%	1.1%
# opioid deaths (all ages) (county)		45	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.7%	5.5%
% 65+ with tobacco use disorders		8.8%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	7.8%	12.0%
% 65+ with diabetes		26.5%	28.2%
% 65+ with stroke		11.0%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	15.5%	20.5%
% 65+ with asthma		14.1%	13.0%
% 65+ with hypertension		66.7%	70.2%
% 65+ ever had a heart attack		4.2%	4.5%
% 65+ with ischemic heart disease	B	29.7%	34.3%
% 65+ with congestive heart failure		16.6%	17.7%
% 65+ with atrial fibrillation		14.8%	14.4%
% 65+ with peripheral vascular disease		15.2%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		46.1%	49.1%
% 65+ with osteoporosis		16.4%	17.4%
% 65+ with leukemias and lymphomas	W	3.3%	2.0%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with colon cancer	B	1.9%	2.4%
% 65+ women with breast cancer		11.4%	9.8%
% 65+ women with endometrial cancer		1.5%	1.7%
% 65+ men with prostate cancer	B	7.4%	11.5%
% 65+ with benign prostatic hyperplasia	B	30.6%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism	B	17.3%	20.8%
% 65+ with anemia	B	32.4%	37.3%
% 65+ with chronic kidney disease	B	17.4%	22.3%
% 65+ with liver diseases		7.8%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		16.0%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		4.4%	4.0%
% 65+ with epilepsy		1.7%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		25.7%	22.9%
% 65+ with cataract		60.2%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.7%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	49.7%	54.4%
% 65+ with 0 chronic conditions	B	14.1%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		10.0%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		14.4%	14.4%
% 65+ with self-reported vision difficulty	B	0.7%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	0.9%
% 65+ with self-reported cognition difficulty		6.1%	6.9%
% 65+ with self-reported ambulatory difficulty		11.4%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.3%	3.2%
% 65+ with self-reported self-care difficulty		4.3%	5.6%
% 65+ with self-reported independent living difficulty		7.2%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees	*	10.6%	7.9%
% dually eligible for Medicare and Medicaid	*	4.8%	7.5%
% 60+ with a regular doctor		94.4%	95.8%
% 60+ who did not see doctor when needed due to cost		3.8%	5.4%
# of primary care providers within 5 miles		1	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		2	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	5.3	6.3
Emergency room visits/1000 persons 65+ years per year	*	473	572
Part D monthly prescription fills per person per year		46.2	49.1
Home health visits per year	*	1.7	2.5
Durable medical equipment claims per year		2.2	2.0
Inpatient hospital stays/1000 persons 65+ years per year		209	237
Medicare inpatient hospital readmissions (as % of admissions)	*	8.5%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		57	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.2%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.6%	0.8%
% of grandparents who live with grandchildren		1.6%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		23.5%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		89.0%	93.0%
% 60+ who used Internet in last month		84.8%	77.6%
Voter participation rate in 2018 election (age 18+)		52.0%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		212	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		40	586
Property crime rate /100,000 persons		782	2,012
% 65+ who own a motor vehicle		89.1%	91.0%
% 60+ who always drive wearing a seatbelt		82.9%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		17	151



HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		6.2%	5.4%
% 60+ receiving food stamps past year		5.1%	5.7%
% 65+ employed past year		34.1%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		5.5%	18.2%
% households with annual income \$20,000-\$49,999		45.5%	36.5%
% households with annual income > \$50,000		49.0%	45.3%
% 60+ own home		89.6%	79.9%
% 60+ have mortgage on home		43.0%	35.3%
% 65+ households spend >35% of income on housing (renter)		2.9%	8.7%
% 65+ households spend >35% of income on housing (owner)		13.5%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$23,496	\$25,284	0.93
Single, renter, good health	\$26,592	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$35,436	\$37,128	0.95
Couple, renter, good health	\$38,532	\$38,244	1.01

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

#### Data Sources:

- Population Characteristics: The U.S. Census Bureau (American Community Survey 2012-2016).
- Wellness & Prevention: The Behavioral Risk Factor Surveillance System (2011-2016).
- Nutrition/Diet: BRFSS (2011-2016), CMS (2014-2015), and the U.S. Department of Agriculture Food Atlas (2017).
- Behavioral Health: BRFSS (2011-2016), CMS (2014-2015), CDC Wonder website (2014-2016).
- Chronic Disease: The Master Beneficiary Summary File ABCD/Other from CMS (2014-2015).
- Disability: CMS (2014-2015) for the clinical measures, and ACS (2012-2016) for the self-reported disability.
- Access to Care: BRFSS (2011-2016), CMS (2015), Medicare.gov (June-July 2018), the NH Division of Public Health Services (2018), National Adult Day Services Association (2018), memorycaresdirectory.com (2018), and the Alzheimer's Association (July 2018).
- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic Engagement: AARP (2018 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), the Aging & Disability Resource Center, U.S. Environmental Protection Agency Air Compare (2016), assistedlivingfacilities.org, ACS (2012-2016), the NH Department of Business and Economic Affairs Division of Travel and Tourism Development (August 2018), NH YMCA (July 2018), the Federal Communications Commission (2016), BRFSS (2011-2016), and the NH Secretary of State.
- Safety & Transportation: U.S. Department of Justice Federal Bureau of Investigation (August 2017), the County Health Rankings (2018), BRFSS (2011-2016), ACS (2012-2016), and the National Highway Traffic Safety Administration (2011-2015).
- Economic & Housing, Cost of Living: ACS (2012-2016) and the Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (August 2017).

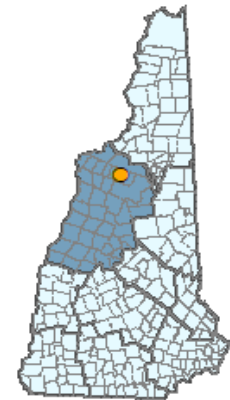
*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, Shuangshuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019



## Franconia (Grafton)

Franconia is a rural town in Grafton County that contains part of Franconia Notch State Park. There are 345 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, high cholesterol, anxiety and bipolar disorders, tobacco use disorders, Alzheimer’s disease or related dementias, diabetes, chronic obstructive pulmonary disease, asthma, hypertension, ischemic heart disease, congestive heart failure, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, benign prostatic hyperplasia, hypothyroidism, anemia, chronic kidney disease, and fibromyalgia/chronic pain/fatigue. Community resources to support healthy aging include 2 primary care providers and a nursing home within 5 miles, a community health center, a home health agency, a senior center, and a public library.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		1,039	1,327,503
Population 60 years or older as % of total population		48.0%	22.7%
Total population 60 years or older		499	301,630
Population 65 years or older as % of total population		33.2%	15.8%
Total population 65 years or older		345	210,385
% 65-74 years		58.6%	58.5%
% 75-84 years		29.3%	28.6%
% 85 years or older		12.2%	12.9%
Gender (65+ population)			
% female		53.0%	54.7%
Race/Ethnicity (65+ population)			
% White		97.4%	97.7%
% African American		0.0%	0.5%
% Asian		1.4%	0.9%
% Other		1.2%	0.9%
% Hispanic/Latino		1.2%	0.9%
Marital Status (65+ population)			
% married		64.3%	58.5%
% divorced/separated		9.0%	14.0%
% widowed		21.7%	22.9%
% never married		4.9%	4.6%
Education (65+ population)			
% with less than high school education		2.9%	12.3%
% with high school or some college		40.6%	57.1%
% with college degree		56.5%	30.6%
% of 65+ population living alone		20.1%	26.1%
% of 65+ population who speak only English at home		92.5%	91.3%
% of 65+ population who are veterans of military service		18.6%	24.8%
Age-sex adjusted 1-year mortality rate		3.4%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		3.8%	3.6%
% moved from different county in New Hampshire		2.6%	1.0%
% moved from different state		1.4%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		73.6%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		23.8%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.3%	58.6%
% 60+ met CDC guidelines for both types of physical activities		17.3%	19.9%
% 60+ getting recommended hours of sleep		64.8%	66.4%
% 60+ injured in a fall within last 12 months		9.6%	10.4%
% 65+ had hip fracture		3.4%	3.3%
% 60+ with self-reported fair or poor health status		18.0%	16.5%
% 60+ with 15+ physically unhealthy days last month		16.6%	12.5%
% 60+ with physical exam/check-up in past year		83.2%	86.5%
% 60+ met CDC preventive health screening goals		38.2%	40.3%
% 60+ flu shot past year		52.1%	59.3%
% 65+ with pneumonia vaccine		74.9%	77.8%
% 60+ with cholesterol screening		92.9%	95.3%
% 60+ women with a mammogram within last 2 years		77.0%	79.3%
% 60+ with colorectal cancer screening		80.9%	77.0%
% 60+ with HIV test		16.2%	13.5%
% 60+ current smokers		10.6%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		33.6%	29.0%
% 60+ with annual dental exam		69.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		83	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		15.2%	20.2%
% 60+ self-reported obese		27.6%	27.2%
% 65+ clinically diagnosed obese	B	10.9%	16.7%
% 65+ with high cholesterol	B	62.8%	72.2%
% 60+ excessive drinking		7.6%	9.2%
% 65+ with poor supermarket access		0.5%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		8.0%	6.9%
% 65+ with depression		25.2%	28.8%
% 65+ with anxiety disorders	B	17.2%	21.9%
% 65+ with bipolar disorders	B	1.6%	3.1%
% 65+ with post-traumatic stress disorder		1.8%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.4%	4.9%
% 65+ with personality disorders		0.9%	1.1%
# opioid deaths (all ages) (county)		45	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.7%	5.5%
% 65+ with tobacco use disorders	B	5.8%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	9.3%	12.0%
% 65+ with diabetes	B	18.0%	28.2%
% 65+ with stroke		8.3%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	9.2%	20.5%
% 65+ with asthma	B	10.2%	13.0%
% 65+ with hypertension	B	61.0%	70.2%
% 65+ ever had a heart attack		3.0%	4.5%
% 65+ with ischemic heart disease	B	24.4%	34.3%
% 65+ with congestive heart failure	B	13.7%	17.7%
% 65+ with atrial fibrillation		12.1%	14.4%
% 65+ with peripheral vascular disease	B	10.4%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	43.0%	49.1%
% 65+ with osteoporosis		17.0%	17.4%
% 65+ with leukemias and lymphomas		1.7%	2.0%
% 65+ with lung cancer		1.4%	1.6%
% 65+ with colon cancer		2.6%	2.4%
% 65+ women with breast cancer		9.5%	9.8%
% 65+ women with endometrial cancer		2.0%	1.7%
% 65+ men with prostate cancer		12.6%	11.5%
% 65+ with benign prostatic hyperplasia	B	29.4%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism	B	15.6%	20.8%
% 65+ with anemia	B	31.0%	37.3%
% 65+ with chronic kidney disease	B	11.7%	22.3%
% 65+ with liver diseases		5.0%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	13.5%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		3.8%	4.0%
% 65+ with epilepsy		1.8%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		25.2%	22.9%
% 65+ with cataract		65.1%	61.2%
% 65+ with pressure ulcer or chronic ulcer		5.4%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	39.2%	54.4%
% 65+ with 0 chronic conditions	B	13.7%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		11.3%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		17.5%	14.4%
% 65+ with self-reported vision difficulty		0.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		2.8%	6.9%
% 65+ with self-reported ambulatory difficulty		14.1%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.7%	3.2%
% 65+ with self-reported self-care difficulty		2.8%	5.6%
% 65+ with self-reported independent living difficulty		6.0%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		6.6%	7.9%
% dually eligible for Medicare and Medicaid	*	4.6%	7.5%
% 60+ with a regular doctor		96.4%	95.8%
% 60+ who did not see doctor when needed due to cost		9.7%	5.4%
# of primary care providers within 5 miles		2	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		1	74
# of home health agencies		1	49
# of community health centers		1	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	4.4	6.3
Emergency room visits/1000 persons 65+ years per year		480	572
Part D monthly prescription fills per person per year	*	37.8	49.1
Home health visits per year	*	1.2	2.5
Durable medical equipment claims per year	*	1.3	2.0
Inpatient hospital stays/1000 persons 65+ years per year		184	237
Medicare inpatient hospital readmissions (as % of admissions)		18.8%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		71	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		2.6%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		1.6%	0.8%
% of grandparents who live with grandchildren		2.0%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		46.5%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		89.0%	93.0%
% 60+ who used Internet in last month		72.9%	77.6%
Voter participation rate in 2018 election (age 18+)		68.4%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		178	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		40	586
Property crime rate /100,000 persons		2,033	2,012
% 65+ who own a motor vehicle		97.5%	91.0%
% 60+ who always drive wearing a seatbelt		73.0%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		17	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		2.6%	5.4%
% 60+ receiving food stamps past year		2.5%	5.7%
% 65+ employed past year		28.1%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		8.8%	18.2%
% households with annual income \$20,000-\$49,999		33.8%	36.5%
% households with annual income > \$50,000		57.5%	45.3%
% 60+ own home		91.3%	79.9%
% 60+ have mortgage on home		43.7%	35.3%
% 65+ households spend >35% of income on housing (renter)		4.4%	8.7%
% 65+ households spend >35% of income on housing (owner)		25.0%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$23,496	\$25,284	0.93
Single, renter, good health	\$26,592	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$35,436	\$37,128	0.95
Couple, renter, good health	\$38,532	\$38,244	1.01

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

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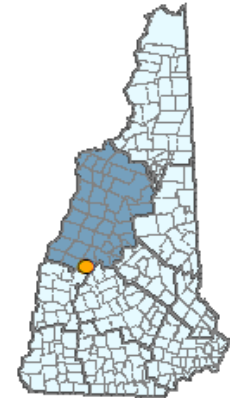
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*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019

## Grafton (Grafton)

Grafton is a town located in western New Hampshire and is home to the Grafton Historical Society. There are 205 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of tooth loss, high cholesterol, anxiety disorders, schizophrenia and other psychotic disorders, post-traumatic stress disorder, Alzheimer’s disease or related dementias, hypertension, osteoporosis, lung cancer, benign prostatic hyperplasia, hypothyroidism, anemia, liver diseases, glaucoma, cataracts, and pressure ulcers. However, they had higher rates of leukemias and lymphomas. They are more likely to take the health promotion steps of not smoking, having an annual dental exam, getting the recommended hours of sleep, meeting the CDC guidelines for aerobic physical activities, and engaging in any physical activity within the last month. Community resources to support healthy aging include 2 home health agencies, a senior center, and a public library.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		1,276	1,327,503
Population 60 years or older as % of total population		24.9%	22.7%
Total population 60 years or older		318	301,630
Population 65 years or older as % of total population		16.1%	15.8%
Total population 65 years or older		205	210,385
% 65-74 years		70.7%	58.5%
% 75-84 years		20.0%	28.6%
% 85 years or older		9.3%	12.9%
Gender (65+ population)			
% female		45.9%	54.7%
Race/Ethnicity (65+ population)			
% White		99.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		1.0%	0.9%
% Hispanic/Latino		2.0%	0.9%
Marital Status (65+ population)			
% married		66.3%	58.5%
% divorced/separated		12.2%	14.0%
% widowed		16.1%	22.9%
% never married		5.4%	4.6%
Education (65+ population)			
% with less than high school education		13.7%	12.3%
% with high school or some college		56.6%	57.1%
% with college degree		29.8%	30.6%
% of 65+ population living alone		21.5%	26.1%
% of 65+ population who speak only English at home		95.1%	91.3%
% of 65+ population who are veterans of military service		23.4%	24.8%
Age-sex adjusted 1-year mortality rate		3.1%	4.1%



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		3.4%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month	B	84.4%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		29.9%	26.0%
% 60+ met CDC guidelines for aerobic physical activity	B	69.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities		23.4%	19.9%
% 60+ getting recommended hours of sleep	B	73.6%	66.4%
% 60+ injured in a fall within last 12 months		11.4%	10.4%
% 65+ had hip fracture		3.2%	3.3%
% 60+ with self-reported fair or poor health status		13.9%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.4%	12.5%
% 60+ with physical exam/check-up in past year		80.9%	86.5%
% 60+ met CDC preventive health screening goals		39.7%	40.3%
% 60+ flu shot past year		66.1%	59.3%
% 65+ with pneumonia vaccine		81.0%	77.8%
% 60+ with cholesterol screening		94.5%	95.3%
% 60+ women with a mammogram within last 2 years		70.6%	79.3%
% 60+ with colorectal cancer screening		74.2%	77.0%
% 60+ with HIV test		14.4%	13.5%
% 60+ current smokers	B	3.9%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth	B	18.5%	29.0%
% 60+ with annual dental exam	B	83.6%	75.7%
# of dentists per 100,000 persons (all ages) (county)		83	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		25.4%	20.2%
% 60+ self-reported obese	B	19.5%	27.2%
% 65+ clinically diagnosed obese		18.6%	16.7%
% 65+ with high cholesterol	B	56.7%	72.2%
% 60+ excessive drinking		9.8%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		5.0%	6.9%
% 65+ with depression		27.3%	28.8%
% 65+ with anxiety disorders	B	15.3%	21.9%
% 65+ with bipolar disorders		2.5%	3.1%
% 65+ with post-traumatic stress disorder	B	0.7%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.9%	4.9%
% 65+ with personality disorders		0.9%	1.1%
# opioid deaths (all ages) (county)		45	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.0%	5.5%
% 65+ with tobacco use disorders		13.2%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	9.8%	12.0%
% 65+ with diabetes		27.5%	28.2%
% 65+ with stroke		10.1%	10.8%
% 65+ with chronic obstructive pulmonary disease		18.3%	20.5%
% 65+ with asthma		14.6%	13.0%
% 65+ with hypertension	B	65.3%	70.2%
% 65+ ever had a heart attack		6.2%	4.5%
% 65+ with ischemic heart disease		31.9%	34.3%
% 65+ with congestive heart failure		16.9%	17.7%
% 65+ with atrial fibrillation		13.6%	14.4%
% 65+ with peripheral vascular disease		14.4%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		45.2%	49.1%
% 65+ with osteoporosis	B	14.1%	17.4%
% 65+ with leukemias and lymphomas	W	3.4%	2.0%
% 65+ with lung cancer	B	1.1%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		8.4%	9.8%
% 65+ women with endometrial cancer		1.5%	1.7%
% 65+ men with prostate cancer		10.8%	11.5%
% 65+ with benign prostatic hyperplasia	B	27.8%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism	B	17.8%	20.8%
% 65+ with anemia	B	28.7%	37.3%
% 65+ with chronic kidney disease		19.5%	22.3%
% 65+ with liver diseases	B	5.0%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		16.7%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		4.4%	4.0%
% 65+ with epilepsy		1.6%	2.1%
% 65+ with traumatic brain injury		1.0%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	19.5%	22.9%
% 65+ with cataract	B	57.3%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	4.6%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	48.1%	54.4%
% 65+ with 0 chronic conditions	B	14.8%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty	W	30.7%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		13.1%	14.4%
% 65+ with self-reported vision difficulty		10.7%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty		6.8%	6.9%
% 65+ with self-reported ambulatory difficulty	W	32.7%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.6%	3.2%
% 65+ with self-reported self-care difficulty		7.3%	5.6%
% 65+ with self-reported independent living difficulty		14.1%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		7.4%	7.9%
% dually eligible for Medicare and Medicaid		7.6%	7.5%
% 60+ with a regular doctor		94.4%	95.8%
% 60+ who did not see doctor when needed due to cost		3.8%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		2	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	4.9	6.3
Emergency room visits/1000 persons 65+ years per year	*	443	572
Part D monthly prescription fills per person per year		45.8	49.1
Home health visits per year		2.8	2.5
Durable medical equipment claims per year		1.9	2.0
Inpatient hospital stays/1000 persons 65+ years per year		215	237
Medicare inpatient hospital readmissions (as % of admissions)		16.5%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		61	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.3%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		1.0%	0.8%
% of grandparents who live with grandchildren		2.0%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		34.2%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		89.0%	93.0%
% 60+ who used Internet in last month		84.8%	77.6%
Voter participation rate in 2018 election (age 18+)		52.4%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		40	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		90.2%	91.0%
% 60+ who always drive wearing a seatbelt		82.9%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		17	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		13.2%	5.4%
% 60+ receiving food stamps past year		2.3%	5.7%
% 65+ employed past year		29.8%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		26.0%	18.2%
% households with annual income \$20,000-\$49,999		38.2%	36.5%
% households with annual income > \$50,000		35.8%	45.3%
% 60+ own home		86.7%	79.9%
% 60+ have mortgage on home		39.3%	35.3%
% 65+ households spend >35% of income on housing (renter)		5.7%	8.7%
% 65+ households spend >35% of income on housing (owner)		12.2%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$23,496	\$25,284	0.93
Single, renter, good health	\$26,592	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$35,436	\$37,128	0.95
Couple, renter, good health	\$38,532	\$38,244	1.01

#### TECHNICAL NOTES

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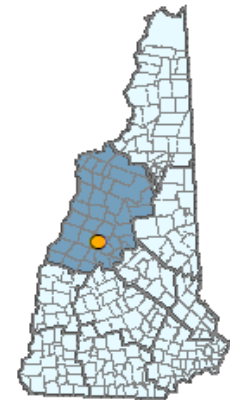
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Update: 05/2019

## Groton (Grafton)

Groton is a rural town located in Grafton County and is home to the Sculptured Rocks Natural Area. There are 89 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, high cholesterol, depression, chronic obstructive pulmonary disease, hypertension, peripheral vascular disease, osteoporosis, anemia, chronic kidney disease, pressure ulcers, and hearing impairment. Community resources to support healthy aging include 4 home health agencies, a senior center, and a public library.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		613	1,327,503
Population 60 years or older as % of total population		27.4%	22.7%
Total population 60 years or older		168	301,630
Population 65 years or older as % of total population		14.5%	15.8%
Total population 65 years or older		89	210,385
% 65-74 years		66.3%	58.5%
% 75-84 years		23.6%	28.6%
% 85 years or older		10.1%	12.9%
Gender (65+ population)			
% female		48.3%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		61.8%	58.5%
% divorced/separated		4.5%	14.0%
% widowed		19.1%	22.9%
% never married		14.6%	4.6%
Education (65+ population)			
% with less than high school education		25.8%	12.3%
% with high school or some college		59.6%	57.1%
% with college degree		14.6%	30.6%
% of 65+ population living alone		25.8%	26.1%
% of 65+ population who speak only English at home		87.6%	91.3%
% of 65+ population who are veterans of military service		19.1%	24.8%
Age-sex adjusted 1-year mortality rate		3.7%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		3.4%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		77.5%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		30.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		24.3%	19.9%
% 60+ getting recommended hours of sleep		68.7%	66.4%
% 60+ injured in a fall within last 12 months		8.2%	10.4%
% 65+ had hip fracture		3.0%	3.3%
% 60+ with self-reported fair or poor health status		13.3%	16.5%
% 60+ with 15+ physically unhealthy days last month		14.1%	12.5%
% 60+ with physical exam/check-up in past year		83.2%	86.5%
% 60+ met CDC preventive health screening goals		38.5%	40.3%
% 60+ flu shot past year		60.9%	59.3%
% 65+ with pneumonia vaccine		83.7%	77.8%
% 60+ with cholesterol screening		93.9%	95.3%
% 60+ women with a mammogram within last 2 years		79.2%	79.3%
% 60+ with colorectal cancer screening		69.9%	77.0%
% 60+ with HIV test		18.1%	13.5%
% 60+ current smokers		8.8%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		31.7%	29.0%
% 60+ with annual dental exam		73.5%	75.7%
# of dentists per 100,000 persons (all ages) (county)		83	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		24.1%	20.2%
% 60+ self-reported obese		22.1%	27.2%
% 65+ clinically diagnosed obese	B	12.8%	16.7%
% 65+ with high cholesterol	B	67.1%	72.2%
% 60+ excessive drinking		7.0%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		7.8%	6.9%
% 65+ with depression	B	23.8%	28.8%
% 65+ with anxiety disorders		18.6%	21.9%
% 65+ with bipolar disorders		3.3%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders		5.2%	4.9%
% 65+ with personality disorders		1.5%	1.1%
# opioid deaths (all ages) (county)		45	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.0%	5.5%
% 65+ with tobacco use disorders		11.6%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		10.3%	12.0%
% 65+ with diabetes		24.7%	28.2%
% 65+ with stroke		10.5%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	16.3%	20.5%
% 65+ with asthma		13.3%	13.0%
% 65+ with hypertension	B	65.1%	70.2%
% 65+ ever had a heart attack		4.0%	4.5%
% 65+ with ischemic heart disease		31.8%	34.3%
% 65+ with congestive heart failure		16.2%	17.7%
% 65+ with atrial fibrillation		15.0%	14.4%
% 65+ with peripheral vascular disease	B	10.3%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		44.9%	49.1%
% 65+ with osteoporosis	B	12.1%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer		1.7%	1.6%
% 65+ with colon cancer		2.4%	2.4%
% 65+ women with breast cancer		8.4%	9.8%
% 65+ women with endometrial cancer		1.6%	1.7%
% 65+ men with prostate cancer		10.9%	11.5%
% 65+ with benign prostatic hyperplasia		37.8%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		20.6%	20.8%
% 65+ with anemia	B	32.6%	37.3%
% 65+ with chronic kidney disease	B	16.4%	22.3%
% 65+ with liver diseases		6.0%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.0%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		4.5%	4.0%
% 65+ with epilepsy		1.8%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		23.4%	22.9%
% 65+ with cataract		58.8%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	5.0%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	49.6%	54.4%
% 65+ with 0 chronic conditions	B	14.2%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		6.7%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	11.0%	14.4%
% 65+ with self-reported vision difficulty		2.2%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		3.4%	6.9%
% 65+ with self-reported ambulatory difficulty	B	12.4%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.7%	3.2%
% 65+ with self-reported self-care difficulty		2.2%	5.6%
% 65+ with self-reported independent living difficulty		7.9%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		7.9%	7.9%
% dually eligible for Medicare and Medicaid	*	4.3%	7.5%
% 60+ with a regular doctor		90.8%	95.8%
% 60+ who did not see doctor when needed due to cost		6.7%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		4	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	4.3	6.3
Emergency room visits/1000 persons 65+ years per year		570	572
Part D monthly prescription fills per person per year	*	43.7	49.1
Home health visits per year	*	1.1	2.5
Durable medical equipment claims per year		1.8	2.0
Inpatient hospital stays/1000 persons 65+ years per year		202	237
Medicare inpatient hospital readmissions (as % of admissions)		13.8%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		51	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.3%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		2.2%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		37.6%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		89.0%	93.0%
% 60+ who used Internet in last month		78.9%	77.6%
Voter participation rate in 2018 election (age 18+)		48.9%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		40	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		92.7%	91.0%
% 60+ who always drive wearing a seatbelt		76.1%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		17	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		14.6%	5.4%
% 60+ receiving food stamps past year		4.4%	5.7%
% 65+ employed past year		12.4%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		34.5%	18.2%
% households with annual income \$20,000-\$49,999		34.5%	36.5%
% households with annual income > \$50,000		30.9%	45.3%
% 60+ own home		98.0%	79.9%
% 60+ have mortgage on home		39.6%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		10.9%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$23,496	\$25,284	0.93
Single, renter, good health	\$26,592	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$35,436	\$37,128	0.95
Couple, renter, good health	\$38,532	\$38,244	1.01

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

#### Data Sources:

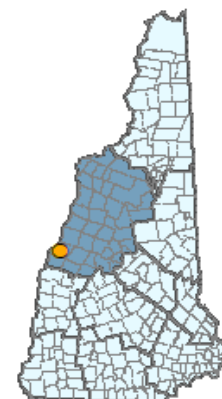
- Population Characteristics: The U.S. Census Bureau (American Community Survey 2012-2016).
- Wellness & Prevention: The Behavioral Risk Factor Surveillance System (2011-2016).
- Nutrition/Diet: BRFSS (2011-2016), CMS (2014-2015), and the U.S. Department of Agriculture Food Atlas (2017).
- Behavioral Health: BRFSS (2011-2016), CMS (2014-2015), CDC Wonder website (2014-2016).
- Chronic Disease: The Master Beneficiary Summary File ABCD/Other from CMS (2014-2015).
- Disability: CMS (2014-2015) for the clinical measures, and ACS (2012-2016) for the self-reported disability.
- Access to Care: BRFSS (2011-2016), CMS (2015), Medicare.gov (June-July 2018), the NH Division of Public Health Services (2018), National Adult Day Services Association (2018), memorycaresdirectory.com (2018), and the Alzheimer's Association (July 2018).
- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic Engagement: AARP (2018 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), the Aging & Disability Resource Center, U.S. Environmental Protection Agency Air Compare (2016), assistedlivingfacilities.org, ACS (2012-2016), the NH Department of Business and Economic Affairs Division of Travel and Tourism Development (August 2018), NH YMCA (July 2018), the Federal Communications Commission (2016), BRFSS (2011-2016), and the NH Secretary of State.
- Safety & Transportation: U.S. Department of Justice Federal Bureau of Investigation (August 2017), the County Health Rankings (2018), BRFSS (2011-2016), ACS (2012-2016), and the National Highway Traffic Safety Administration (2011-2015).
- Economic & Housing, Cost of Living: ACS (2012-2016) and the Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (August 2017).

*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, Shuangshuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019

## Hanover (Grafton)

Hanover is an urban town in Grafton County located along the Connecticut River and home to Dartmouth College. There are 1,258 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, high cholesterol, PTSD, schizophrenia, tobacco use disorders, diabetes, COPD, asthma, hypertension, heart attack, ischemic heart disease, congestive heart failure, lung cancer, and chronic kidney disease. However, they had higher rates of Alzheimer’s disease or related dementias, osteoarthritis/rheumatoid arthritis, osteoporosis, leukemias and lymphomas, breast cancer, prostate cancer, hypothyroidism, glaucoma, cataracts, and hearing impairment. They are more likely to take the health promotion steps of not smoking, engaging in any physical activity within the last month, meeting the CDC guidelines for aerobic physical activity, getting the recommended hours of sleep, and having an annual dental exam. Community resources to support healthy aging include 2 home health agencies, a memory café, 2 public libraries, 2 nursing homes, and a hospital within 5 miles.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		11,371	1,327,503
Population 60 years or older as % of total population		15.2%	22.7%
Total population 60 years or older		1,731	301,630
Population 65 years or older as % of total population		11.1%	15.8%
Total population 65 years or older		1,258	210,385
% 65-74 years		36.3%	58.5%
% 75-84 years		35.9%	28.6%
% 85 years or older		27.8%	12.9%
Gender (65+ population)			
% female		53.5%	54.7%
Race/Ethnicity (65+ population)			
% White		99.5%	97.7%
% African American		0.0%	0.5%
% Asian		0.5%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		60.6%	58.5%
% divorced/separated		10.4%	14.0%
% widowed		28.5%	22.9%
% never married		0.5%	4.6%
Education (65+ population)			
% with less than high school education		5.5%	12.3%
% with high school or some college		26.9%	57.1%
% with college degree		67.6%	30.6%
% of 65+ population living alone		30.7%	26.1%
% of 65+ population who speak only English at home		92.8%	91.3%
% of 65+ population who are veterans of military service		26.4%	24.8%
Age-sex adjusted 1-year mortality rate	B	2.6%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		3.2%	3.6%
% moved from different county in New Hampshire		0.2%	1.0%
% moved from different state		4.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month	B	84.4%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		29.9%	26.0%
% 60+ met CDC guidelines for aerobic physical activity	B	69.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities		23.4%	19.9%
% 60+ getting recommended hours of sleep	B	73.6%	66.4%
% 60+ injured in a fall within last 12 months		11.4%	10.4%
% 65+ had hip fracture		3.2%	3.3%
% 60+ with self-reported fair or poor health status		13.9%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.4%	12.5%
% 60+ with physical exam/check-up in past year		80.9%	86.5%
% 60+ met CDC preventive health screening goals		39.7%	40.3%
% 60+ flu shot past year		66.1%	59.3%
% 65+ with pneumonia vaccine		81.0%	77.8%
% 60+ with cholesterol screening		94.5%	95.3%
% 60+ women with a mammogram within last 2 years		70.6%	79.3%
% 60+ with colorectal cancer screening		74.2%	77.0%
% 60+ with HIV test		14.4%	13.5%
% 60+ current smokers	B	3.9%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth	B	18.5%	29.0%
% 60+ with annual dental exam	B	83.6%	75.7%
# of dentists per 100,000 persons (all ages) (county)		83	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		25.4%	20.2%
% 60+ self-reported obese	B	19.5%	27.2%
% 65+ clinically diagnosed obese	B	8.8%	16.7%
% 65+ with high cholesterol	B	54.7%	72.2%
% 60+ excessive drinking		9.8%	9.2%
% 65+ with poor supermarket access		7.5%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		5.0%	6.9%
% 65+ with depression		29.5%	28.8%
% 65+ with anxiety disorders		22.2%	21.9%
% 65+ with bipolar disorders		2.5%	3.1%
% 65+ with post-traumatic stress disorder	B	0.7%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.9%	4.9%
% 65+ with personality disorders		0.9%	1.1%
# opioid deaths (all ages) (county)		45	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		6.3%	5.5%
% 65+ with tobacco use disorders	B	3.9%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	W	15.9%	12.0%
% 65+ with diabetes	B	13.7%	28.2%
% 65+ with stroke		12.5%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	11.4%	20.5%
% 65+ with asthma	B	10.7%	13.0%
% 65+ with hypertension	B	58.5%	70.2%
% 65+ ever had a heart attack	B	2.6%	4.5%
% 65+ with ischemic heart disease	B	25.0%	34.3%
% 65+ with congestive heart failure	B	13.5%	17.7%
% 65+ with atrial fibrillation		16.1%	14.4%
% 65+ with peripheral vascular disease		14.4%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	W	54.4%	49.1%
% 65+ with osteoporosis	W	20.8%	17.4%
% 65+ with leukemias and lymphomas	W	3.4%	2.0%
% 65+ with lung cancer	B	1.1%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer	W	14.2%	9.8%
% 65+ women with endometrial cancer		1.5%	1.7%
% 65+ men with prostate cancer	W	16.8%	11.5%
% 65+ with benign prostatic hyperplasia		36.8%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism	W	25.6%	20.8%
% 65+ with anemia		38.4%	37.3%
% 65+ with chronic kidney disease	B	14.6%	22.3%
% 65+ with liver diseases		6.4%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		19.4%	18.6%



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		4.4%	4.0%
% 65+ with epilepsy		1.6%	2.1%
% 65+ with traumatic brain injury		1.0%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	W	29.2%	22.9%
% 65+ with cataract	W	75.3%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.9%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	46.9%	54.4%
% 65+ with 0 chronic conditions		11.1%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		19.6%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	W	26.1%	14.4%
% 65+ with self-reported vision difficulty		6.3%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty		8.6%	6.9%
% 65+ with self-reported ambulatory difficulty		16.7%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.6%	3.2%
% 65+ with self-reported self-care difficulty		5.6%	5.6%
% 65+ with self-reported independent living difficulty		13.0%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees	*	4.6%	7.9%
% dually eligible for Medicare and Medicaid	*	2.5%	7.5%
% 60+ with a regular doctor		94.4%	95.8%
% 60+ who did not see doctor when needed due to cost		3.8%	5.4%
# of primary care providers within 5 miles		219	2,961
# of hospitals within 5 miles		1	26
# of nursing homes within 5 miles		2	74
# of home health agencies		2	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		1	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	6.7	6.3
Emergency room visits/1000 persons 65+ years per year	*	354	572
Part D monthly prescription fills per person per year	*	39.7	49.1
Home health visits per year	*	1.3	2.5
Durable medical equipment claims per year	*	1.0	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	167	237
Medicare inpatient hospital readmissions (as % of admissions)		14.2%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		63	76
# skilled nursing home Medicare beds/1000 persons 65+ years		64	33
% 65+ getting Medicaid long term services and supports	*	1.6%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.9%	0.8%
% of grandparents who live with grandchildren		1.0%	2.5%
# of assisted living sites		3	134
% of vacant homes in community		11.8%	16.0%
# of universities and community colleges		1	41
# of public libraries		2	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		89.0%	93.0%
% 60+ who used Internet in last month		84.8%	77.6%
Voter participation rate in 2018 election (age 18+)		62.8%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		159	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		40	586
Property crime rate /100,000 persons		1,366	2,012
% 65+ who own a motor vehicle		83.7%	91.0%
% 60+ who always drive wearing a seatbelt		82.9%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		17	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		0.0%	5.4%
% 60+ receiving food stamps past year		0.0%	5.7%
% 65+ employed past year		20.7%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		0.0%	18.2%
% households with annual income \$20,000-\$49,999		21.6%	36.5%
% households with annual income > \$50,000		78.4%	45.3%
% 60+ own home		70.3%	79.9%
% 60+ have mortgage on home		26.6%	35.3%
% 65+ households spend >35% of income on housing (renter)		8.4%	8.7%
% 65+ households spend >35% of income on housing (owner)		10.0%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$23,496	\$25,284	0.93
Single, renter, good health	\$26,592	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$35,436	\$37,128	0.95
Couple, renter, good health	\$38,532	\$38,244	1.01

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

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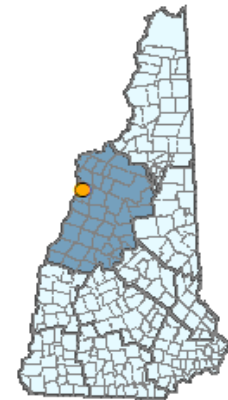
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*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019

## Haverhill (Grafton)

Haverhill is a rural town in western New Hampshire that includes the historic town center at Haverhill Corner. There are 932 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, bipolar disorders, benign prostatic hyperplasia, and visual impairment. However, they had higher rates of hypertension and heart attack. Community resources to support healthy aging include a primary care provider within 5 miles, an assisted living site, a community health center, 3 home health agencies, a senior center, and 4 public libraries.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		4,617	1,327,503
Population 60 years or older as % of total population		25.3%	22.7%
Total population 60 years or older		1,168	301,630
Population 65 years or older as % of total population		20.2%	15.8%
Total population 65 years or older		932	210,385
% 65-74 years		48.7%	58.5%
% 75-84 years		33.7%	28.6%
% 85 years or older		17.6%	12.9%
Gender (65+ population)			
% female		57.1%	54.7%
Race/Ethnicity (65+ population)			
% White		99.4%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.6%	0.9%
% Hispanic/Latino		1.9%	0.9%
Marital Status (65+ population)			
% married		43.7%	58.5%
% divorced/separated		17.9%	14.0%
% widowed		31.0%	22.9%
% never married		7.4%	4.6%
Education (65+ population)			
% with less than high school education		20.5%	12.3%
% with high school or some college		64.3%	57.1%
% with college degree		15.2%	30.6%
% of 65+ population living alone		27.7%	26.1%
% of 65+ population who speak only English at home		95.1%	91.3%
% of 65+ population who are veterans of military service		18.8%	24.8%
Age-sex adjusted 1-year mortality rate		5.1%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		4.0%	3.6%
% moved from different county in New Hampshire		3.0%	1.0%
% moved from different state		2.9%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		73.6%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		23.8%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.3%	58.6%
% 60+ met CDC guidelines for both types of physical activities		17.3%	19.9%
% 60+ getting recommended hours of sleep		64.8%	66.4%
% 60+ injured in a fall within last 12 months		9.6%	10.4%
% 65+ had hip fracture		3.5%	3.3%
% 60+ with self-reported fair or poor health status		18.0%	16.5%
% 60+ with 15+ physically unhealthy days last month		16.6%	12.5%
% 60+ with physical exam/check-up in past year		83.2%	86.5%
% 60+ met CDC preventive health screening goals		38.2%	40.3%
% 60+ flu shot past year		52.1%	59.3%
% 65+ with pneumonia vaccine		74.9%	77.8%
% 60+ with cholesterol screening		92.9%	95.3%
% 60+ women with a mammogram within last 2 years		77.0%	79.3%
% 60+ with colorectal cancer screening		80.9%	77.0%
% 60+ with HIV test		16.2%	13.5%
% 60+ current smokers		10.6%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		33.6%	29.0%
% 60+ with annual dental exam		69.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		83	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		15.2%	20.2%
% 60+ self-reported obese		27.6%	27.2%
% 65+ clinically diagnosed obese		15.7%	16.7%
% 65+ with high cholesterol	B	66.1%	72.2%
% 60+ excessive drinking		7.6%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		8.0%	6.9%
% 65+ with depression		31.2%	28.8%
% 65+ with anxiety disorders		21.5%	21.9%
% 65+ with bipolar disorders	B	2.0%	3.1%
% 65+ with post-traumatic stress disorder		0.9%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.9%	4.9%
% 65+ with personality disorders		1.0%	1.1%
# opioid deaths (all ages) (county)		45	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.4%	5.5%
% 65+ with tobacco use disorders		9.1%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		14.3%	12.0%
% 65+ with diabetes		29.0%	28.2%
% 65+ with stroke		11.8%	10.8%
% 65+ with chronic obstructive pulmonary disease		19.1%	20.5%
% 65+ with asthma		13.3%	13.0%
% 65+ with hypertension	W	75.0%	70.2%
% 65+ ever had a heart attack	W	6.6%	4.5%
% 65+ with ischemic heart disease		34.9%	34.3%
% 65+ with congestive heart failure		19.7%	17.7%
% 65+ with atrial fibrillation		15.3%	14.4%
% 65+ with peripheral vascular disease		12.8%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		45.3%	49.1%
% 65+ with osteoporosis		15.8%	17.4%
% 65+ with leukemias and lymphomas		1.8%	2.0%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with colon cancer		2.5%	2.4%
% 65+ women with breast cancer		10.2%	9.8%
% 65+ women with endometrial cancer		1.8%	1.7%
% 65+ men with prostate cancer		8.5%	11.5%
% 65+ with benign prostatic hyperplasia	B	28.3%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		19.9%	20.8%
% 65+ with anemia		38.2%	37.3%
% 65+ with chronic kidney disease		20.7%	22.3%
% 65+ with liver diseases		6.8%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.5%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		3.5%	4.0%
% 65+ with epilepsy		1.8%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		23.3%	22.9%
% 65+ with cataract		63.8%	61.2%
% 65+ with pressure ulcer or chronic ulcer		8.3%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		55.2%	54.4%
% 65+ with 0 chronic conditions		10.6%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		14.9%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		13.2%	14.4%
% 65+ with self-reported vision difficulty		4.9%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.7%	0.9%
% 65+ with self-reported cognition difficulty	W	17.0%	6.9%
% 65+ with self-reported ambulatory difficulty	W	26.6%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.5%	3.2%
% 65+ with self-reported self-care difficulty	W	14.9%	5.6%
% 65+ with self-reported independent living difficulty	W	22.2%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees	*	6.0%	7.9%
% dually eligible for Medicare and Medicaid	*	15.6%	7.5%
% 60+ with a regular doctor		96.4%	95.8%
% 60+ who did not see doctor when needed due to cost		9.7%	5.4%
# of primary care providers within 5 miles		1	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		3	49
# of community health centers		1	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	3.0	6.3
Emergency room visits/1000 persons 65+ years per year		658	572
Part D monthly prescription fills per person per year	*	55.3	49.1
Home health visits per year	*	1.4	2.5
Durable medical equipment claims per year		2.1	2.0
Inpatient hospital stays/1000 persons 65+ years per year		196	237
Medicare inpatient hospital readmissions (as % of admissions)		12.9%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		101	76
# skilled nursing home Medicare beds/1000 persons 65+ years		127	33
% 65+ getting Medicaid long term services and supports	*	9.5%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		1.3%	0.8%
% of grandparents who live with grandchildren		2.2%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		25.1%	16.0%
# of universities and community colleges		0	41
# of public libraries		4	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		89.0%	93.0%
% 60+ who used Internet in last month		72.9%	77.6%
Voter participation rate in 2018 election (age 18+)		44.2%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		244	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		40	586
Property crime rate /100,000 persons		2,750	2,012
% 65+ who own a motor vehicle		99.4%	91.0%
% 60+ who always drive wearing a seatbelt		73.0%	77.1%
# of fatal crashes involving adult age 60+/town		2	151
# of fatal crashes involving adult age 60+/county		17	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		3.0%	5.4%
% 60+ receiving food stamps past year		4.3%	5.7%
% 65+ employed past year		26.8%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		23.6%	18.2%
% households with annual income \$20,000-\$49,999		39.3%	36.5%
% households with annual income > \$50,000		37.2%	45.3%
% 60+ own home		81.9%	79.9%
% 60+ have mortgage on home		19.8%	35.3%
% 65+ households spend >35% of income on housing (renter)		5.6%	8.7%
% 65+ households spend >35% of income on housing (owner)		25.8%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$23,496	\$25,284	0.93
Single, renter, good health	\$26,592	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$35,436	\$37,128	0.95
Couple, renter, good health	\$38,532	\$38,244	1.01

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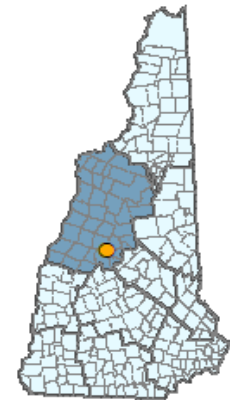
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Update: 05/2019

## Hebron (Grafton)

Hebron is a rural town located in Merrimack County and home to the Hebron Town Forest. There are 224 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, high cholesterol, depression, chronic obstructive pulmonary disease, hypertension, peripheral vascular disease, osteoporosis, anemia, chronic kidney disease, pressure ulcers, and hearing impairment. Community resources to support healthy aging include home 4 health agencies, a senior center, and 2 public libraries.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		582	1,327,503
Population 60 years or older as % of total population		47.8%	22.7%
Total population 60 years or older		278	301,630
Population 65 years or older as % of total population		38.5%	15.8%
Total population 65 years or older		224	210,385
% 65-74 years		67.9%	58.5%
% 75-84 years		20.1%	28.6%
% 85 years or older		12.1%	12.9%
Gender (65+ population)			
% female		52.7%	54.7%
Race/Ethnicity (65+ population)			
% White		98.7%	97.7%
% African American		1.3%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		74.6%	58.5%
% divorced/separated		3.1%	14.0%
% widowed		19.6%	22.9%
% never married		2.7%	4.6%
Education (65+ population)			
% with less than high school education		2.2%	12.3%
% with high school or some college		32.1%	57.1%
% with college degree		65.6%	30.6%
% of 65+ population living alone		18.8%	26.1%
% of 65+ population who speak only English at home		100.0%	91.3%
% of 65+ population who are veterans of military service		23.2%	24.8%
Age-sex adjusted 1-year mortality rate		3.7%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		1.8%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		77.5%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		30.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		24.3%	19.9%
% 60+ getting recommended hours of sleep		68.7%	66.4%
% 60+ injured in a fall within last 12 months		8.2%	10.4%
% 65+ had hip fracture		3.0%	3.3%
% 60+ with self-reported fair or poor health status		13.3%	16.5%
% 60+ with 15+ physically unhealthy days last month		14.1%	12.5%
% 60+ with physical exam/check-up in past year		83.2%	86.5%
% 60+ met CDC preventive health screening goals		38.5%	40.3%
% 60+ flu shot past year		60.9%	59.3%
% 65+ with pneumonia vaccine		83.7%	77.8%
% 60+ with cholesterol screening		93.9%	95.3%
% 60+ women with a mammogram within last 2 years		79.2%	79.3%
% 60+ with colorectal cancer screening		69.9%	77.0%
% 60+ with HIV test		18.1%	13.5%
% 60+ current smokers		8.8%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		31.7%	29.0%
% 60+ with annual dental exam		73.5%	75.7%
# of dentists per 100,000 persons (all ages) (county)		83	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		24.1%	20.2%
% 60+ self-reported obese		22.1%	27.2%
% 65+ clinically diagnosed obese	B	12.8%	16.7%
% 65+ with high cholesterol	B	67.1%	72.2%
% 60+ excessive drinking		7.0%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		7.8%	6.9%
% 65+ with depression	B	23.8%	28.8%
% 65+ with anxiety disorders		18.6%	21.9%
% 65+ with bipolar disorders		3.3%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders		5.2%	4.9%
% 65+ with personality disorders		1.5%	1.1%
# opioid deaths (all ages) (county)		45	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.0%	5.5%
% 65+ with tobacco use disorders		11.6%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		10.3%	12.0%
% 65+ with diabetes		24.7%	28.2%
% 65+ with stroke		10.5%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	16.3%	20.5%
% 65+ with asthma		13.3%	13.0%
% 65+ with hypertension	B	65.1%	70.2%
% 65+ ever had a heart attack		4.0%	4.5%
% 65+ with ischemic heart disease		31.8%	34.3%
% 65+ with congestive heart failure		16.2%	17.7%
% 65+ with atrial fibrillation		15.0%	14.4%
% 65+ with peripheral vascular disease	B	10.3%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		44.9%	49.1%
% 65+ with osteoporosis	B	12.1%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer		1.7%	1.6%
% 65+ with colon cancer		2.4%	2.4%
% 65+ women with breast cancer		8.4%	9.8%
% 65+ women with endometrial cancer		1.6%	1.7%
% 65+ men with prostate cancer		10.9%	11.5%
% 65+ with benign prostatic hyperplasia		37.8%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		20.6%	20.8%
% 65+ with anemia	B	32.6%	37.3%
% 65+ with chronic kidney disease	B	16.4%	22.3%
% 65+ with liver diseases		6.0%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.0%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		4.5%	4.0%
% 65+ with epilepsy		1.8%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		23.4%	22.9%
% 65+ with cataract		58.8%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	5.0%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	49.6%	54.4%
% 65+ with 0 chronic conditions	B	14.2%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		17.4%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	11.0%	14.4%
% 65+ with self-reported vision difficulty		4.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		3.6%	6.9%
% 65+ with self-reported ambulatory difficulty	B	4.5%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.7%	3.2%
% 65+ with self-reported self-care difficulty		0.9%	5.6%
% 65+ with self-reported independent living difficulty		5.4%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		7.9%	7.9%
% dually eligible for Medicare and Medicaid	*	4.3%	7.5%
% 60+ with a regular doctor		90.8%	95.8%
% 60+ who did not see doctor when needed due to cost		6.7%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		4	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	4.3	6.3
Emergency room visits/1000 persons 65+ years per year		570	572
Part D monthly prescription fills per person per year	*	43.7	49.1
Home health visits per year	*	1.1	2.5
Durable medical equipment claims per year		1.8	2.0
Inpatient hospital stays/1000 persons 65+ years per year		202	237
Medicare inpatient hospital readmissions (as % of admissions)		13.8%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		51	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.3%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		0.0%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		58.7%	16.0%
# of universities and community colleges		0	41
# of public libraries		2	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		89.0%	93.0%
% 60+ who used Internet in last month		78.9%	77.6%
Voter participation rate in 2018 election (age 18+)		77.2%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		40	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		91.1%	91.0%
% 60+ who always drive wearing a seatbelt		76.1%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		17	151



HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		2.7%	5.4%
% 60+ receiving food stamps past year		1.2%	5.7%
% 65+ employed past year		23.7%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		3.0%	18.2%
% households with annual income \$20,000-\$49,999		45.2%	36.5%
% households with annual income > \$50,000		51.9%	45.3%
% 60+ own home		98.8%	79.9%
% 60+ have mortgage on home		28.7%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		12.6%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$23,496	\$25,284	0.93
Single, renter, good health	\$26,592	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$35,436	\$37,128	0.95
Couple, renter, good health	\$38,532	\$38,244	1.01

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

#### Data Sources:

- Population Characteristics: The U.S. Census Bureau (American Community Survey 2012-2016).
- Wellness & Prevention: The Behavioral Risk Factor Surveillance System (2011-2016).
- Nutrition/Diet: BRFSS (2011-2016), CMS (2014-2015), and the U.S. Department of Agriculture Food Atlas (2017).
- Behavioral Health: BRFSS (2011-2016), CMS (2014-2015), CDC Wonder website (2014-2016).
- Chronic Disease: The Master Beneficiary Summary File ABCD/Other from CMS (2014-2015).
- Disability: CMS (2014-2015) for the clinical measures, and ACS (2012-2016) for the self-reported disability.
- Access to Care: BRFSS (2011-2016), CMS (2015), Medicare.gov (June-July 2018), the NH Division of Public Health Services (2018), National Adult Day Services Association (2018), memorycaresdirectory.com (2018), and the Alzheimer's Association (July 2018).
- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic Engagement: AARP (2018 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), the Aging & Disability Resource Center, U.S. Environmental Protection Agency Air Compare (2016), assistedlivingfacilities.org, ACS (2012-2016), the NH Department of Business and Economic Affairs Division of Travel and Tourism Development (August 2018), NH YMCA (July 2018), the Federal Communications Commission (2016), BRFSS (2011-2016), and the NH Secretary of State.
- Safety & Transportation: U.S. Department of Justice Federal Bureau of Investigation (August 2017), the County Health Rankings (2018), BRFSS (2011-2016), ACS (2012-2016), and the National Highway Traffic Safety Administration (2011-2015).
- Economic & Housing, Cost of Living: ACS (2012-2016) and the Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (August 2017).

*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019

## Holderness (Grafton)

Holderness is a town in Grafton County that is home to the Squam Lakes Natural Science Center. There are 402 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, depression, anxiety and bipolar disorders, schizophrenia and other psychotic disorders, tobacco use disorders, Alzheimer’s disease or related dementias, diabetes, chronic obstructive pulmonary disease, peripheral vascular disease, osteoporosis, chronic kidney disease, fibromyalgia/chronic pain/fatigue, epilepsy, pressure ulcers, and visual and mobility impairments. Community resources to support healthy aging include a public library, a senior center, and 2 home health agencies.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		2,395	1,327,503
Population 60 years or older as % of total population		28.2%	22.7%
Total population 60 years or older		676	301,630
Population 65 years or older as % of total population		16.8%	15.8%
Total population 65 years or older		402	210,385
% 65-74 years		51.0%	58.5%
% 75-84 years		32.3%	28.6%
% 85 years or older		16.7%	12.9%
Gender (65+ population)			
% female		53.5%	54.7%
Race/Ethnicity (65+ population)			
% White		92.0%	97.7%
% African American		4.5%	0.5%
% Asian		0.0%	0.9%
% Other		3.5%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		73.9%	58.5%
% divorced/separated		8.5%	14.0%
% widowed		15.7%	22.9%
% never married		2.0%	4.6%
Education (65+ population)			
% with less than high school education		9.0%	12.3%
% with high school or some college		46.3%	57.1%
% with college degree		44.8%	30.6%
% of 65+ population living alone		11.9%	26.1%
% of 65+ population who speak only English at home		94.0%	91.3%
% of 65+ population who are veterans of military service		17.7%	24.8%
Age-sex adjusted 1-year mortality rate		3.0%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.7%	3.6%
% moved from different county in New Hampshire		3.5%	1.0%
% moved from different state		2.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		77.5%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		30.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		24.3%	19.9%
% 60+ getting recommended hours of sleep		68.7%	66.4%
% 60+ injured in a fall within last 12 months		8.2%	10.4%
% 65+ had hip fracture		2.7%	3.3%
% 60+ with self-reported fair or poor health status		13.3%	16.5%
% 60+ with 15+ physically unhealthy days last month		14.1%	12.5%
% 60+ with physical exam/check-up in past year		83.2%	86.5%
% 60+ met CDC preventive health screening goals		38.5%	40.3%
% 60+ flu shot past year		60.9%	59.3%
% 65+ with pneumonia vaccine		83.7%	77.8%
% 60+ with cholesterol screening		93.9%	95.3%
% 60+ women with a mammogram within last 2 years		79.2%	79.3%
% 60+ with colorectal cancer screening		69.9%	77.0%
% 60+ with HIV test		18.1%	13.5%
% 60+ current smokers		8.8%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		31.7%	29.0%
% 60+ with annual dental exam		73.5%	75.7%
# of dentists per 100,000 persons (all ages) (county)		83	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		24.1%	20.2%
% 60+ self-reported obese		22.1%	27.2%
% 65+ clinically diagnosed obese	B	11.3%	16.7%
% 65+ with high cholesterol		69.7%	72.2%
% 60+ excessive drinking		7.0%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		7.8%	6.9%
% 65+ with depression	B	22.3%	28.8%
% 65+ with anxiety disorders	B	15.6%	21.9%
% 65+ with bipolar disorders	B	1.5%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.6%	4.9%
% 65+ with personality disorders		0.7%	1.1%
# opioid deaths (all ages) (county)		45	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.9%	5.5%
% 65+ with tobacco use disorders	B	8.0%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	9.7%	12.0%
% 65+ with diabetes	B	23.5%	28.2%
% 65+ with stroke		10.1%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	17.2%	20.5%
% 65+ with asthma		13.3%	13.0%
% 65+ with hypertension		69.6%	70.2%
% 65+ ever had a heart attack		3.8%	4.5%
% 65+ with ischemic heart disease		31.6%	34.3%
% 65+ with congestive heart failure		16.5%	17.7%
% 65+ with atrial fibrillation		15.6%	14.4%
% 65+ with peripheral vascular disease	B	11.6%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		46.7%	49.1%
% 65+ with osteoporosis	B	12.9%	17.4%
% 65+ with leukemias and lymphomas		1.7%	2.0%
% 65+ with lung cancer		1.4%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		10.3%	9.8%
% 65+ women with endometrial cancer		2.2%	1.7%
% 65+ men with prostate cancer		12.4%	11.5%
% 65+ with benign prostatic hyperplasia		35.0%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		21.7%	20.8%
% 65+ with anemia		35.4%	37.3%
% 65+ with chronic kidney disease	B	16.9%	22.3%
% 65+ with liver diseases		5.3%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	15.5%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache	B	3.1%	4.0%
% 65+ with epilepsy	B	1.3%	2.1%
% 65+ with traumatic brain injury		1.1%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		22.7%	22.9%
% 65+ with cataract		61.0%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	4.8%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	49.0%	54.4%
% 65+ with 0 chronic conditions		10.8%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		14.3%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.3%	14.4%
% 65+ with self-reported vision difficulty		9.6%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.5%	0.9%
% 65+ with self-reported cognition difficulty		1.0%	6.9%
% 65+ with self-reported ambulatory difficulty		17.7%	18.8%
% 65+ with clinical diagnosis of mobility impairments	B	1.7%	3.2%
% 65+ with self-reported self-care difficulty		2.6%	5.6%
% 65+ with self-reported independent living difficulty		7.8%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		8.7%	7.9%
% dually eligible for Medicare and Medicaid		5.9%	7.5%
% 60+ with a regular doctor		90.8%	95.8%
% 60+ who did not see doctor when needed due to cost		6.7%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		2	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	4.4	6.3
Emergency room visits/1000 persons 65+ years per year		622	572
Part D monthly prescription fills per person per year	*	43.0	49.1
Home health visits per year	*	1.2	2.5
Durable medical equipment claims per year		1.7	2.0
Inpatient hospital stays/1000 persons 65+ years per year		222	237
Medicare inpatient hospital readmissions (as % of admissions)		17.9%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		71	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.0%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.7%	0.8%
% of grandparents who live with grandchildren		4.1%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		42.1%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		89.0%	93.0%
% 60+ who used Internet in last month		78.9%	77.6%
Voter participation rate in 2018 election (age 18+)		61.1%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		95	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		40	586
Property crime rate /100,000 persons		807	2,012
% 65+ who own a motor vehicle		100.0%	91.0%
% 60+ who always drive wearing a seatbelt		76.1%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		17	151



HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		0.0%	5.4%
% 60+ receiving food stamps past year		2.3%	5.7%
% 65+ employed past year		24.4%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		9.6%	18.2%
% households with annual income \$20,000-\$49,999		44.0%	36.5%
% households with annual income > \$50,000		46.3%	45.3%
% 60+ own home		87.9%	79.9%
% 60+ have mortgage on home		26.7%	35.3%
% 65+ households spend >35% of income on housing (renter)		4.1%	8.7%
% 65+ households spend >35% of income on housing (owner)		17.9%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$23,496	\$25,284	0.93
Single, renter, good health	\$26,592	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$35,436	\$37,128	0.95
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- Wellness & Prevention: The Behavioral Risk Factor Surveillance System (2011-2016).
- Nutrition/Diet: BRFSS (2011-2016), CMS (2014-2015), and the U.S. Department of Agriculture Food Atlas (2017).
- Behavioral Health: BRFSS (2011-2016), CMS (2014-2015), CDC Wonder website (2014-2016).
- Chronic Disease: The Master Beneficiary Summary File ABCD/Other from CMS (2014-2015).
- Disability: CMS (2014-2015) for the clinical measures, and ACS (2012-2016) for the self-reported disability.
- Access to Care: BRFSS (2011-2016), CMS (2015), Medicare.gov (June-July 2018), the NH Division of Public Health Services (2018), National Adult Day Services Association (2018), memorycaresdirectory.com (2018), and the Alzheimer's Association (July 2018).
- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic Engagement: AARP (2018 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), the Aging & Disability Resource Center, U.S. Environmental Protection Agency Air Compare (2016), assistedlivingfacilities.org, ACS (2012-2016), the NH Department of Business and Economic Affairs Division of Travel and Tourism Development (August 2018), NH YMCA (July 2018), the Federal Communications Commission (2016), BRFSS (2011-2016), and the NH Secretary of State.
- Safety & Transportation: U.S. Department of Justice Federal Bureau of Investigation (August 2017), the County Health Rankings (2018), BRFSS (2011-2016), ACS (2012-2016), and the National Highway Traffic Safety Administration (2011-2015).
- Economic & Housing, Cost of Living: ACS (2012-2016) and the Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (August 2017).

*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, Shuangshuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019



## Landaff (Grafton)

Landaff is a rural town located in western New Hampshire and home to many species of wildlife including moose, white-tail deer, and eastern turkeys. There are 107 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of anxiety and bipolar disorders, Alzheimer’s disease or related dementias, diabetes, osteoarthritis/rheumatoid arthritis, hypothyroidism, chronic kidney disease, and visual impairment. A community resource to support healthy aging is a home health agency and a senior center.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		424	1,327,503
Population 60 years or older as % of total population		37.5%	22.7%
Total population 60 years or older		159	301,630
Population 65 years or older as % of total population		25.2%	15.8%
Total population 65 years or older		107	210,385
% 65-74 years		73.8%	58.5%
% 75-84 years		22.4%	28.6%
% 85 years or older		3.7%	12.9%
Gender (65+ population)			
% female		49.5%	54.7%
Race/Ethnicity (65+ population)			
% White		99.1%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.9%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		71.0%	58.5%
% divorced/separated		4.7%	14.0%
% widowed		19.6%	22.9%
% never married		4.7%	4.6%
Education (65+ population)			
% with less than high school education		13.1%	12.3%
% with high school or some college		64.5%	57.1%
% with college degree		22.4%	30.6%
% of 65+ population living alone		22.4%	26.1%
% of 65+ population who speak only English at home		96.3%	91.3%
% of 65+ population who are veterans of military service		22.4%	24.8%
Age-sex adjusted 1-year mortality rate		4.3%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		9.3%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.9%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		73.6%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		23.8%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.3%	58.6%
% 60+ met CDC guidelines for both types of physical activities		17.3%	19.9%
% 60+ getting recommended hours of sleep		64.8%	66.4%
% 60+ injured in a fall within last 12 months		9.6%	10.4%
% 65+ had hip fracture		3.5%	3.3%
% 60+ with self-reported fair or poor health status		18.0%	16.5%
% 60+ with 15+ physically unhealthy days last month		16.6%	12.5%
% 60+ with physical exam/check-up in past year		83.2%	86.5%
% 60+ met CDC preventive health screening goals		38.2%	40.3%
% 60+ flu shot past year		52.1%	59.3%
% 65+ with pneumonia vaccine		74.9%	77.8%
% 60+ with cholesterol screening		92.9%	95.3%
% 60+ women with a mammogram within last 2 years		77.0%	79.3%
% 60+ with colorectal cancer screening		80.9%	77.0%
% 60+ with HIV test		16.2%	13.5%
% 60+ current smokers		10.6%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		33.6%	29.0%
% 60+ with annual dental exam		69.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		83	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		15.2%	20.2%
% 60+ self-reported obese		27.6%	27.2%
% 65+ clinically diagnosed obese		15.3%	16.7%
% 65+ with high cholesterol		69.5%	72.2%
% 60+ excessive drinking		7.6%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		8.0%	6.9%
% 65+ with depression		25.1%	28.8%
% 65+ with anxiety disorders	B	12.4%	21.9%
% 65+ with bipolar disorders	B	2.0%	3.1%
% 65+ with post-traumatic stress disorder		0.9%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.9%	4.9%
% 65+ with personality disorders		1.0%	1.1%
# opioid deaths (all ages) (county)		45	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		6.1%	5.5%
% 65+ with tobacco use disorders		13.1%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	7.5%	12.0%
% 65+ with diabetes	B	22.4%	28.2%
% 65+ with stroke		9.2%	10.8%
% 65+ with chronic obstructive pulmonary disease		18.3%	20.5%
% 65+ with asthma		14.2%	13.0%
% 65+ with hypertension		68.8%	70.2%
% 65+ ever had a heart attack		5.1%	4.5%
% 65+ with ischemic heart disease		31.7%	34.3%
% 65+ with congestive heart failure		17.7%	17.7%
% 65+ with atrial fibrillation		12.2%	14.4%
% 65+ with peripheral vascular disease		12.3%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	38.1%	49.1%
% 65+ with osteoporosis		15.5%	17.4%
% 65+ with leukemias and lymphomas		1.8%	2.0%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with colon cancer		2.5%	2.4%
% 65+ women with breast cancer		9.3%	9.8%
% 65+ women with endometrial cancer		1.8%	1.7%
% 65+ men with prostate cancer		13.0%	11.5%
% 65+ with benign prostatic hyperplasia		30.6%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism	B	16.9%	20.8%
% 65+ with anemia		33.7%	37.3%
% 65+ with chronic kidney disease	B	14.4%	22.3%
% 65+ with liver diseases		5.9%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		16.3%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		3.5%	4.0%
% 65+ with epilepsy		1.8%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		19.5%	22.9%
% 65+ with cataract		57.0%	61.2%
% 65+ with pressure ulcer or chronic ulcer		5.5%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	47.8%	54.4%
% 65+ with 0 chronic conditions		11.8%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		15.0%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.0%	14.4%
% 65+ with self-reported vision difficulty		3.7%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.7%	0.9%
% 65+ with self-reported cognition difficulty		0.9%	6.9%
% 65+ with self-reported ambulatory difficulty		19.6%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.5%	3.2%
% 65+ with self-reported self-care difficulty		5.6%	5.6%
% 65+ with self-reported independent living difficulty		4.7%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		6.7%	7.9%
% dually eligible for Medicare and Medicaid		7.9%	7.5%
% 60+ with a regular doctor		96.4%	95.8%
% 60+ who did not see doctor when needed due to cost		9.7%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		1	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	3.6	6.3
Emergency room visits/1000 persons 65+ years per year		540	572
Part D monthly prescription fills per person per year		49.3	49.1
Home health visits per year	*	1.4	2.5
Durable medical equipment claims per year		1.8	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	174	237
Medicare inpatient hospital readmissions (as % of admissions)		17.1%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		53	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		2.9%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.9%	0.8%
% of grandparents who live with grandchildren		0.9%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		16.6%	16.0%
# of universities and community colleges		0	41
# of public libraries		0	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		89.0%	93.0%
% 60+ who used Internet in last month		72.9%	77.6%
Voter participation rate in 2018 election (age 18+)		56.1%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		40	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		97.2%	91.0%
% 60+ who always drive wearing a seatbelt		73.0%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		17	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		9.3%	5.4%
% 60+ receiving food stamps past year		7.5%	5.7%
% 65+ employed past year		27.1%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		20.8%	18.2%
% households with annual income \$20,000-\$49,999		38.9%	36.5%
% households with annual income > \$50,000		40.3%	45.3%
% 60+ own home		95.9%	79.9%
% 60+ have mortgage on home		35.1%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		25.0%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$23,496	\$25,284	0.93
Single, renter, good health	\$26,592	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$35,436	\$37,128	0.95
Couple, renter, good health	\$38,532	\$38,244	1.01

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

#### Data Sources:

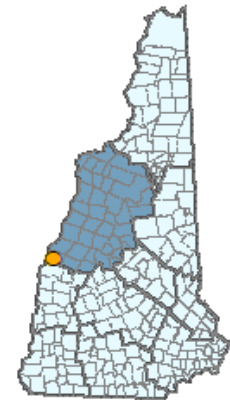
- Population Characteristics: The U.S. Census Bureau (American Community Survey 2012-2016).
- Wellness & Prevention: The Behavioral Risk Factor Surveillance System (2011-2016).
- Nutrition/Diet: BRFSS (2011-2016), CMS (2014-2015), and the U.S. Department of Agriculture Food Atlas (2017).
- Behavioral Health: BRFSS (2011-2016), CMS (2014-2015), CDC Wonder website (2014-2016).
- Chronic Disease: The Master Beneficiary Summary File ABCD/Other from CMS (2014-2015).
- Disability: CMS (2014-2015) for the clinical measures, and ACS (2012-2016) for the self-reported disability.
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- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic Engagement: AARP (2018 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), the Aging & Disability Resource Center, U.S. Environmental Protection Agency Air Compare (2016), assistedlivingfacilities.org, ACS (2012-2016), the NH Department of Business and Economic Affairs Division of Travel and Tourism Development (August 2018), NH YMCA (July 2018), the Federal Communications Commission (2016), BRFSS (2011-2016), and the NH Secretary of State.
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- Economic & Housing, Cost of Living: ACS (2012-2016) and the Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (August 2017).

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Update: 05/2019

## Lebanon (Grafton)

Lebanon is a city in Grafton County located near the Connecticut River and is home to the Dartmouth-Hitchcock Medical Center. There are 2,378 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of tooth loss, high cholesterol, bipolar disorders, tobacco use disorders, diabetes, chronic obstructive pulmonary disease, hypertension, ischemic heart disease, colon cancer, and benign prostatic hyperplasia. However, they had higher rates of depression, leukemias and lymphomas, hypothyroidism, cataracts, and hearing impairment. They are more likely to take the health promotion steps of engaging in physical activity within the last month, meeting the CDC guidelines for aerobic physical activity, getting the recommended hours of sleep, having an annual dental exam, and are less likely to smoke. Community resources to support healthy aging include 241 primary care providers within 5 miles, 2 hospitals, a nursing home within 5 miles, 4 home health agencies, a senior center, an adult day health center, 2 assisted living sites, 3 universities or community colleges, and a public library.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		13,528	1,327,503
Population 60 years or older as % of total population		25.4%	22.7%
Total population 60 years or older		3,432	301,630
Population 65 years or older as % of total population		17.6%	15.8%
Total population 65 years or older		2,378	210,385
% 65-74 years		47.5%	58.5%
% 75-84 years		33.6%	28.6%
% 85 years or older		19.0%	12.9%
Gender (65+ population)			
% female		57.8%	54.7%
Race/Ethnicity (65+ population)			
% White		98.5%	97.7%
% African American		0.0%	0.5%
% Asian		1.0%	0.9%
% Other		0.5%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		59.6%	58.5%
% divorced/separated		10.3%	14.0%
% widowed		23.2%	22.9%
% never married		6.8%	4.6%
Education (65+ population)			
% with less than high school education		7.8%	12.3%
% with high school or some college		42.5%	57.1%
% with college degree		49.7%	30.6%
% of 65+ population living alone		32.3%	26.1%
% of 65+ population who speak only English at home		94.9%	91.3%
% of 65+ population who are veterans of military service		19.7%	24.8%
Age-sex adjusted 1-year mortality rate		4.2%	4.1%



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		5.4%	3.6%
% moved from different county in New Hampshire		2.6%	1.0%
% moved from different state		5.6%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month	B	84.4%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		29.9%	26.0%
% 60+ met CDC guidelines for aerobic physical activity	B	69.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities		23.4%	19.9%
% 60+ getting recommended hours of sleep	B	73.6%	66.4%
% 60+ injured in a fall within last 12 months		11.4%	10.4%
% 65+ had hip fracture		3.1%	3.3%
% 60+ with self-reported fair or poor health status		13.9%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.4%	12.5%
% 60+ with physical exam/check-up in past year		80.9%	86.5%
% 60+ met CDC preventive health screening goals		39.7%	40.3%
% 60+ flu shot past year		66.1%	59.3%
% 65+ with pneumonia vaccine		81.0%	77.8%
% 60+ with cholesterol screening		94.5%	95.3%
% 60+ women with a mammogram within last 2 years		70.6%	79.3%
% 60+ with colorectal cancer screening		74.2%	77.0%
% 60+ with HIV test		14.4%	13.5%
% 60+ current smokers	B	3.9%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth	B	18.5%	29.0%
% 60+ with annual dental exam	B	83.6%	75.7%
# of dentists per 100,000 persons (all ages) (county)		83	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		25.4%	20.2%
% 60+ self-reported obese	B	19.5%	27.2%
% 65+ clinically diagnosed obese		17.8%	16.7%
% 65+ with high cholesterol	B	59.4%	72.2%
% 60+ excessive drinking		9.8%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		5.0%	6.9%
% 65+ with depression	W	33.3%	28.8%
% 65+ with anxiety disorders		23.3%	21.9%
% 65+ with bipolar disorders	B	2.4%	3.1%
% 65+ with post-traumatic stress disorder		1.2%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.4%	4.9%
% 65+ with personality disorders		1.2%	1.1%
# opioid deaths (all ages) (county)		45	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.9%	5.5%
% 65+ with tobacco use disorders	B	7.5%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		12.9%	12.0%
% 65+ with diabetes	B	25.5%	28.2%
% 65+ with stroke		10.4%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	18.6%	20.5%
% 65+ with asthma		13.1%	13.0%
% 65+ with hypertension	B	65.7%	70.2%
% 65+ ever had a heart attack		3.7%	4.5%
% 65+ with ischemic heart disease	B	31.5%	34.3%
% 65+ with congestive heart failure		18.0%	17.7%
% 65+ with atrial fibrillation		14.8%	14.4%
% 65+ with peripheral vascular disease		16.2%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		51.1%	49.1%
% 65+ with osteoporosis		17.2%	17.4%
% 65+ with leukemias and lymphomas	W	3.3%	2.0%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with colon cancer	B	1.9%	2.4%
% 65+ women with breast cancer		11.7%	9.8%
% 65+ women with endometrial cancer		1.5%	1.7%
% 65+ men with prostate cancer		10.4%	11.5%
% 65+ with benign prostatic hyperplasia	B	32.2%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism	W	24.4%	20.8%
% 65+ with anemia		35.5%	37.3%
% 65+ with chronic kidney disease		20.5%	22.3%
% 65+ with liver diseases		7.5%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		17.3%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		4.4%	4.0%
% 65+ with epilepsy		1.7%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		24.1%	22.9%
% 65+ with cataract	W	64.5%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.5%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	50.7%	54.4%
% 65+ with 0 chronic conditions		11.4%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		21.5%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	W	18.2%	14.4%
% 65+ with self-reported vision difficulty		7.5%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	0.9%
% 65+ with self-reported cognition difficulty		6.8%	6.9%
% 65+ with self-reported ambulatory difficulty		17.8%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.3%	3.2%
% 65+ with self-reported self-care difficulty	B	2.0%	5.6%
% 65+ with self-reported independent living difficulty		14.2%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees	*	5.9%	7.9%
% dually eligible for Medicare and Medicaid	*	5.6%	7.5%
% 60+ with a regular doctor		94.4%	95.8%
% 60+ who did not see doctor when needed due to cost		3.8%	5.4%
# of primary care providers within 5 miles		241	2,961
# of hospitals within 5 miles		2	26
# of nursing homes within 5 miles		1	74
# of home health agencies		4	49
# of community health centers		0	22
# of adult day health centers		1	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	5.1	6.3
Emergency room visits/1000 persons 65+ years per year		528	572
Part D monthly prescription fills per person per year		47.3	49.1
Home health visits per year		2.5	2.5
Durable medical equipment claims per year		1.9	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	199	237
Medicare inpatient hospital readmissions (as % of admissions)		14.6%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		88	76
# skilled nursing home Medicare beds/1000 persons 65+ years		38	33
% 65+ getting Medicaid long term services and supports	*	2.6%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.3%	0.8%
% of grandparents who live with grandchildren		1.4%	2.5%
# of assisted living sites		2	134
% of vacant homes in community		5.6%	16.0%
# of universities and community colleges		3	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		89.0%	93.0%
% 60+ who used Internet in last month		84.8%	77.6%
Voter participation rate in 2018 election (age 18+)		54.8%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		298	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		40	586
Property crime rate /100,000 persons		3,294	2,012
% 65+ who own a motor vehicle		88.6%	91.0%
% 60+ who always drive wearing a seatbelt		82.9%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		17	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		6.2%	5.4%
% 60+ receiving food stamps past year		4.6%	5.7%
% 65+ employed past year		26.2%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		16.6%	18.2%
% households with annual income \$20,000-\$49,999		37.1%	36.5%
% households with annual income > \$50,000		46.3%	45.3%
% 60+ own home		68.1%	79.9%
% 60+ have mortgage on home		24.3%	35.3%
% 65+ households spend >35% of income on housing (renter)		19.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		12.1%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$23,496	\$25,284	0.93
Single, renter, good health	\$26,592	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$35,436	\$37,128	0.95
Couple, renter, good health	\$38,532	\$38,244	1.01

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\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

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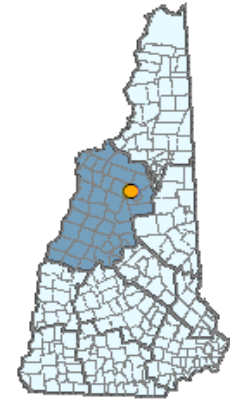
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- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic Engagement: AARP (2018 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), the Aging & Disability Resource Center, U.S. Environmental Protection Agency Air Compare (2016), assistedlivingfacilities.org, ACS (2012-2016), the NH Department of Business and Economic Affairs Division of Travel and Tourism Development (August 2018), NH YMCA (July 2018), the Federal Communications Commission (2016), BRFSS (2011-2016), and the NH Secretary of State.
- Safety & Transportation: U.S. Department of Justice Federal Bureau of Investigation (August 2017), the County Health Rankings (2018), BRFSS (2011-2016), ACS (2012-2016), and the National Highway Traffic Safety Administration (2011-2015).
- Economic & Housing, Cost of Living: ACS (2012-2016) and the Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (August 2017).

*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019

## Lincoln (Grafton)

Lincoln is a town located within the White Mountains in Grafton County and is home to the town theme park, Clark's Trading Post. There are 190 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, depression, bipolar disorders, schizophrenia and other psychotic disorders, Alzheimer's disease or related dementias, chronic obstructive pulmonary disease, asthma, peripheral vascular disease, chronic kidney disease, migraine, epilepsy, and hearing, visual and mobility impairments. Community resources to support healthy aging include a primary care provider within 5 miles, 2 home health agencies, a senior center, and a public library.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		1,337	1,327,503
Population 60 years or older as % of total population		26.0%	22.7%
Total population 60 years or older		347	301,630
Population 65 years or older as % of total population		14.2%	15.8%
Total population 65 years or older		190	210,385
% 65-74 years		45.8%	58.5%
% 75-84 years		26.8%	28.6%
% 85 years or older		27.4%	12.9%
Gender (65+ population)			
% female		52.6%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		33.2%	58.5%
% divorced/separated		20.0%	14.0%
% widowed		32.6%	22.9%
% never married		14.2%	4.6%
Education (65+ population)			
% with less than high school education		27.4%	12.3%
% with high school or some college		64.2%	57.1%
% with college degree		8.4%	30.6%
% of 65+ population living alone		52.1%	26.1%
% of 65+ population who speak only English at home		94.7%	91.3%
% of 65+ population who are veterans of military service		27.9%	24.8%
Age-sex adjusted 1-year mortality rate		3.1%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		2.6%	3.6%
% moved from different county in New Hampshire		3.2%	1.0%
% moved from different state		8.4%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		77.5%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		30.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		24.3%	19.9%
% 60+ getting recommended hours of sleep		68.7%	66.4%
% 60+ injured in a fall within last 12 months		8.2%	10.4%
% 65+ had hip fracture		2.7%	3.3%
% 60+ with self-reported fair or poor health status		13.3%	16.5%
% 60+ with 15+ physically unhealthy days last month		14.1%	12.5%
% 60+ with physical exam/check-up in past year		83.2%	86.5%
% 60+ met CDC preventive health screening goals		38.5%	40.3%
% 60+ flu shot past year		60.9%	59.3%
% 65+ with pneumonia vaccine		83.7%	77.8%
% 60+ with cholesterol screening		93.9%	95.3%
% 60+ women with a mammogram within last 2 years		79.2%	79.3%
% 60+ with colorectal cancer screening		69.9%	77.0%
% 60+ with HIV test		18.1%	13.5%
% 60+ current smokers		8.8%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		31.7%	29.0%
% 60+ with annual dental exam		73.5%	75.7%
# of dentists per 100,000 persons (all ages) (county)		83	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		24.1%	20.2%
% 60+ self-reported obese		22.1%	27.2%
% 65+ clinically diagnosed obese	B	8.7%	16.7%
% 65+ with high cholesterol		71.3%	72.2%
% 60+ excessive drinking		7.0%	9.2%
% 65+ with poor supermarket access		17.3%	28.4%



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		7.8%	6.9%
% 65+ with depression	B	21.2%	28.8%
% 65+ with anxiety disorders		17.7%	21.9%
% 65+ with bipolar disorders	B	1.5%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.6%	4.9%
% 65+ with personality disorders		0.7%	1.1%
# opioid deaths (all ages) (county)		45	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.2%	5.5%
% 65+ with tobacco use disorders		7.8%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	8.0%	12.0%
% 65+ with diabetes		27.9%	28.2%
% 65+ with stroke		8.4%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	12.7%	20.5%
% 65+ with asthma	B	9.7%	13.0%
% 65+ with hypertension		68.8%	70.2%
% 65+ ever had a heart attack		2.9%	4.5%
% 65+ with ischemic heart disease		35.1%	34.3%
% 65+ with congestive heart failure		15.9%	17.7%
% 65+ with atrial fibrillation		12.9%	14.4%
% 65+ with peripheral vascular disease	B	10.8%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		46.2%	49.1%
% 65+ with osteoporosis		13.9%	17.4%
% 65+ with leukemias and lymphomas		1.7%	2.0%
% 65+ with lung cancer		1.4%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		9.8%	9.8%
% 65+ women with endometrial cancer		2.2%	1.7%
% 65+ men with prostate cancer		12.3%	11.5%
% 65+ with benign prostatic hyperplasia		37.6%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		18.1%	20.8%
% 65+ with anemia		33.8%	37.3%
% 65+ with chronic kidney disease	B	14.1%	22.3%
% 65+ with liver diseases		7.2%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		16.9%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache	B	3.1%	4.0%
% 65+ with epilepsy	B	1.3%	2.1%
% 65+ with traumatic brain injury		1.1%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		20.1%	22.9%
% 65+ with cataract		62.4%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.1%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	46.5%	54.4%
% 65+ with 0 chronic conditions		10.9%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		22.1%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	8.7%	14.4%
% 65+ with self-reported vision difficulty		2.6%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.5%	0.9%
% 65+ with self-reported cognition difficulty	W	34.2%	6.9%
% 65+ with self-reported ambulatory difficulty		30.5%	18.8%
% 65+ with clinical diagnosis of mobility impairments	B	1.7%	3.2%
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<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		8.1%	7.9%
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% 60+ with a regular doctor		90.8%	95.8%
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# of primary care providers within 5 miles		1	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		2	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
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Part D monthly prescription fills per person per year	*	42.5	49.1
Home health visits per year	*	1.7	2.5
Durable medical equipment claims per year		1.6	2.0
Inpatient hospital stays/1000 persons 65+ years per year		242	237
Medicare inpatient hospital readmissions (as % of admissions)		17.7%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		62	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		3.2%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		0.0%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		81.5%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
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Violent crime rate /100,000 persons		381	207
Homicide rate /100,000 persons (county)		2	1
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% 65+ who own a motor vehicle		80.9%	91.0%
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% 65+ employed past year		18.4%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		32.4%	18.2%
% households with annual income \$20,000-\$49,999		49.3%	36.5%
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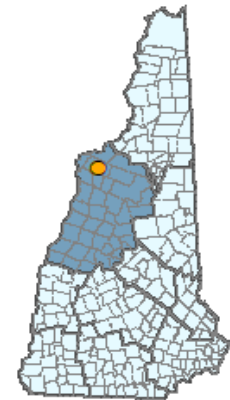
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- Access to Care: BRFSS (2011-2016), CMS (2015), Medicare.gov (June-July 2018), the NH Division of Public Health Services (2018), National Adult Day Services Association (2018), memorycaresdirectory.com (2018), and the Alzheimer's Association (July 2018).
- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic Engagement: AARP (2018 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), the Aging & Disability Resource Center, U.S. Environmental Protection Agency Air Compare (2016), assistedlivingfacilities.org, ACS (2012-2016), the NH Department of Business and Economic Affairs Division of Travel and Tourism Development (August 2018), NH YMCA (July 2018), the Federal Communications Commission (2016), BRFSS (2011-2016), and the NH Secretary of State.
- Safety & Transportation: U.S. Department of Justice Federal Bureau of Investigation (August 2017), the County Health Rankings (2018), BRFSS (2011-2016), ACS (2012-2016), and the National Highway Traffic Safety Administration (2011-2015).
- Economic & Housing, Cost of Living: ACS (2012-2016) and the Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (August 2017).

*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, Shuangshuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019

## Lisbon (Grafton)

Lisbon is a rural town located in Grafton County and hosts an annual Lilac Festival. There are 242 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of anxiety and bipolar disorders, Alzheimer’s disease or related dementias, diabetes, osteoarthritis/rheumatoid arthritis, hypothyroidism, chronic kidney disease, and visual impairment. Community resources to support healthy aging include a home health agency, a public library, and a senior center.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		1,722	1,327,503
Population 60 years or older as % of total population		22.7%	22.7%
Total population 60 years or older		391	301,630
Population 65 years or older as % of total population		14.1%	15.8%
Total population 65 years or older		242	210,385
% 65-74 years		62.8%	58.5%
% 75-84 years		25.2%	28.6%
% 85 years or older		12.0%	12.9%
Gender (65+ population)			
% female		55.4%	54.7%
Race/Ethnicity (65+ population)			
% White		97.9%	97.7%
% African American		0.0%	0.5%
% Asian		2.1%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		58.7%	58.5%
% divorced/separated		17.8%	14.0%
% widowed		19.8%	22.9%
% never married		3.7%	4.6%
Education (65+ population)			
% with less than high school education		20.7%	12.3%
% with high school or some college		64.5%	57.1%
% with college degree		14.9%	30.6%
% of 65+ population living alone		24.8%	26.1%
% of 65+ population who speak only English at home		97.5%	91.3%
% of 65+ population who are veterans of military service		17.8%	24.8%
Age-sex adjusted 1-year mortality rate		4.3%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		5.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		73.6%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		23.8%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.3%	58.6%
% 60+ met CDC guidelines for both types of physical activities		17.3%	19.9%
% 60+ getting recommended hours of sleep		64.8%	66.4%
% 60+ injured in a fall within last 12 months		9.6%	10.4%
% 65+ had hip fracture		3.5%	3.3%
% 60+ with self-reported fair or poor health status		18.0%	16.5%
% 60+ with 15+ physically unhealthy days last month		16.6%	12.5%
% 60+ with physical exam/check-up in past year		83.2%	86.5%
% 60+ met CDC preventive health screening goals		38.2%	40.3%
% 60+ flu shot past year		52.1%	59.3%
% 65+ with pneumonia vaccine		74.9%	77.8%
% 60+ with cholesterol screening		92.9%	95.3%
% 60+ women with a mammogram within last 2 years		77.0%	79.3%
% 60+ with colorectal cancer screening		80.9%	77.0%
% 60+ with HIV test		16.2%	13.5%
% 60+ current smokers		10.6%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		33.6%	29.0%
% 60+ with annual dental exam		69.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		83	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		15.2%	20.2%
% 60+ self-reported obese		27.6%	27.2%
% 65+ clinically diagnosed obese		15.3%	16.7%
% 65+ with high cholesterol		69.5%	72.2%
% 60+ excessive drinking		7.6%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		8.0%	6.9%
% 65+ with depression		25.1%	28.8%
% 65+ with anxiety disorders	B	12.4%	21.9%
% 65+ with bipolar disorders	B	2.0%	3.1%
% 65+ with post-traumatic stress disorder		0.9%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.9%	4.9%
% 65+ with personality disorders		1.0%	1.1%
# opioid deaths (all ages) (county)		45	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		6.1%	5.5%
% 65+ with tobacco use disorders		13.1%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	7.5%	12.0%
% 65+ with diabetes	B	22.4%	28.2%
% 65+ with stroke		9.2%	10.8%
% 65+ with chronic obstructive pulmonary disease		18.3%	20.5%
% 65+ with asthma		14.2%	13.0%
% 65+ with hypertension		68.8%	70.2%
% 65+ ever had a heart attack		5.1%	4.5%
% 65+ with ischemic heart disease		31.7%	34.3%
% 65+ with congestive heart failure		17.7%	17.7%
% 65+ with atrial fibrillation		12.2%	14.4%
% 65+ with peripheral vascular disease		12.3%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	38.1%	49.1%
% 65+ with osteoporosis		15.5%	17.4%
% 65+ with leukemias and lymphomas		1.8%	2.0%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with colon cancer		2.5%	2.4%
% 65+ women with breast cancer		9.3%	9.8%
% 65+ women with endometrial cancer		1.8%	1.7%
% 65+ men with prostate cancer		13.0%	11.5%
% 65+ with benign prostatic hyperplasia		30.6%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism	B	16.9%	20.8%
% 65+ with anemia		33.7%	37.3%
% 65+ with chronic kidney disease	B	14.4%	22.3%
% 65+ with liver diseases		5.9%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		16.3%	18.6%



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		3.5%	4.0%
% 65+ with epilepsy		1.8%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		19.5%	22.9%
% 65+ with cataract		57.0%	61.2%
% 65+ with pressure ulcer or chronic ulcer		5.5%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	47.8%	54.4%
% 65+ with 0 chronic conditions		11.8%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		17.8%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.0%	14.4%
% 65+ with self-reported vision difficulty		2.1%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.7%	0.9%
% 65+ with self-reported cognition difficulty		7.4%	6.9%
% 65+ with self-reported ambulatory difficulty		18.2%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.5%	3.2%
% 65+ with self-reported self-care difficulty		8.3%	5.6%
% 65+ with self-reported independent living difficulty		14.5%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		6.7%	7.9%
% dually eligible for Medicare and Medicaid		7.9%	7.5%
% 60+ with a regular doctor		96.4%	95.8%
% 60+ who did not see doctor when needed due to cost		9.7%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		1	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	3.6	6.3
Emergency room visits/1000 persons 65+ years per year		540	572
Part D monthly prescription fills per person per year		49.3	49.1
Home health visits per year	*	1.4	2.5
Durable medical equipment claims per year		1.8	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	174	237
Medicare inpatient hospital readmissions (as % of admissions)		17.1%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		53	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		2.9%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		1.3%	0.8%
% of grandparents who live with grandchildren		4.4%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		26.3%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		89.0%	93.0%
% 60+ who used Internet in last month		72.9%	77.6%
Voter participation rate in 2018 election (age 18+)		38.1%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		42	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		40	586
Property crime rate /100,000 persons		1,181	2,012
% 65+ who own a motor vehicle		95.3%	91.0%
% 60+ who always drive wearing a seatbelt		73.0%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		17	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		10.3%	5.4%
% 60+ receiving food stamps past year		7.7%	5.7%
% 65+ employed past year		34.7%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		23.3%	18.2%
% households with annual income \$20,000-\$49,999		43.3%	36.5%
% households with annual income > \$50,000		33.3%	45.3%
% 60+ own home		89.7%	79.9%
% 60+ have mortgage on home		40.8%	35.3%
% 65+ households spend >35% of income on housing (renter)		10.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		26.7%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$23,496	\$25,284	0.93
Single, renter, good health	\$26,592	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$35,436	\$37,128	0.95
Couple, renter, good health	\$38,532	\$38,244	1.01

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

#### Data Sources:

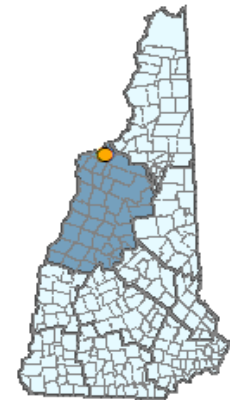
- Population Characteristics: The U.S. Census Bureau (American Community Survey 2012-2016).
- Wellness & Prevention: The Behavioral Risk Factor Surveillance System (2011-2016).
- Nutrition/Diet: BRFSS (2011-2016), CMS (2014-2015), and the U.S. Department of Agriculture Food Atlas (2017).
- Behavioral Health: BRFSS (2011-2016), CMS (2014-2015), CDC Wonder website (2014-2016).
- Chronic Disease: The Master Beneficiary Summary File ABCD/Other from CMS (2014-2015).
- Disability: CMS (2014-2015) for the clinical measures, and ACS (2012-2016) for the self-reported disability.
- Access to Care: BRFSS (2011-2016), CMS (2015), Medicare.gov (June-July 2018), the NH Division of Public Health Services (2018), National Adult Day Services Association (2018), memorycaresdirectory.com (2018), and the Alzheimer's Association (July 2018).
- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic Engagement: AARP (2018 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), the Aging & Disability Resource Center, U.S. Environmental Protection Agency Air Compare (2016), assistedlivingfacilities.org, ACS (2012-2016), the NH Department of Business and Economic Affairs Division of Travel and Tourism Development (August 2018), NH YMCA (July 2018), the Federal Communications Commission (2016), BRFSS (2011-2016), and the NH Secretary of State.
- Safety & Transportation: U.S. Department of Justice Federal Bureau of Investigation (August 2017), the County Health Rankings (2018), BRFSS (2011-2016), ACS (2012-2016), and the National Highway Traffic Safety Administration (2011-2015).
- Economic & Housing, Cost of Living: ACS (2012-2016) and the Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (August 2017).

*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019

## Littleton (Grafton)

Littleton is a town in Grafton County at the northern edge of the White Mountains. There are 1,081 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, anxiety and bipolar disorders, Alzheimer's disease or related dementias, diabetes, chronic obstructive pulmonary disease, hypertension, osteoarthritis/rheumatoid arthritis, hypothyroidism, chronic kidney disease, liver diseases, and glaucoma. However, they had higher rates of congestive heart failure and hearing impairment. Community resources to support healthy aging include 29 primary care providers and a hospital within 5 miles, 2 home health agencies, a community health center, a senior center, 2 assisted living sites, a university or community college, and a public library.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		5,918	1,327,503
Population 60 years or older as % of total population		27.9%	22.7%
Total population 60 years or older		1,649	301,630
Population 65 years or older as % of total population		18.3%	15.8%
Total population 65 years or older		1,081	210,385
% 65-74 years		61.4%	58.5%
% 75-84 years		27.3%	28.6%
% 85 years or older		11.3%	12.9%
Gender (65+ population)			
% female		50.7%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		63.6%	58.5%
% divorced/separated		14.4%	14.0%
% widowed		18.5%	22.9%
% never married		3.4%	4.6%
Education (65+ population)			
% with less than high school education		26.1%	12.3%
% with high school or some college		59.7%	57.1%
% with college degree		14.2%	30.6%
% of 65+ population living alone		29.0%	26.1%
% of 65+ population who speak only English at home		90.7%	91.3%
% of 65+ population who are veterans of military service		20.9%	24.8%
Age-sex adjusted 1-year mortality rate		4.4%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		6.8%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		73.6%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		23.8%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.3%	58.6%
% 60+ met CDC guidelines for both types of physical activities		17.3%	19.9%
% 60+ getting recommended hours of sleep		64.8%	66.4%
% 60+ injured in a fall within last 12 months		9.6%	10.4%
% 65+ had hip fracture		3.4%	3.3%
% 60+ with self-reported fair or poor health status		18.0%	16.5%
% 60+ with 15+ physically unhealthy days last month		16.6%	12.5%
% 60+ with physical exam/check-up in past year		83.2%	86.5%
% 60+ met CDC preventive health screening goals		38.2%	40.3%
% 60+ flu shot past year		52.1%	59.3%
% 65+ with pneumonia vaccine		74.9%	77.8%
% 60+ with cholesterol screening		92.9%	95.3%
% 60+ women with a mammogram within last 2 years		77.0%	79.3%
% 60+ with colorectal cancer screening		80.9%	77.0%
% 60+ with HIV test		16.2%	13.5%
% 60+ current smokers		10.6%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		33.6%	29.0%
% 60+ with annual dental exam		69.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		83	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		15.2%	20.2%
% 60+ self-reported obese		27.6%	27.2%
% 65+ clinically diagnosed obese		14.6%	16.7%
% 65+ with high cholesterol	B	67.9%	72.2%
% 60+ excessive drinking		7.6%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		8.0%	6.9%
% 65+ with depression		26.3%	28.8%
% 65+ with anxiety disorders	B	16.4%	21.9%
% 65+ with bipolar disorders	B	1.6%	3.1%
% 65+ with post-traumatic stress disorder		1.8%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.4%	4.9%
% 65+ with personality disorders		0.9%	1.1%
# opioid deaths (all ages) (county)		45	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.1%	5.5%
% 65+ with tobacco use disorders		9.1%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	10.0%	12.0%
% 65+ with diabetes	B	24.9%	28.2%
% 65+ with stroke		10.0%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	16.5%	20.5%
% 65+ with asthma		13.7%	13.0%
% 65+ with hypertension	B	66.8%	70.2%
% 65+ ever had a heart attack		4.2%	4.5%
% 65+ with ischemic heart disease		33.0%	34.3%
% 65+ with congestive heart failure	W	22.8%	17.7%
% 65+ with atrial fibrillation		14.5%	14.4%
% 65+ with peripheral vascular disease		14.4%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	43.1%	49.1%
% 65+ with osteoporosis		17.1%	17.4%
% 65+ with leukemias and lymphomas		1.7%	2.0%
% 65+ with lung cancer		1.4%	1.6%
% 65+ with colon cancer		2.6%	2.4%
% 65+ women with breast cancer		10.7%	9.8%
% 65+ women with endometrial cancer		2.0%	1.7%
% 65+ men with prostate cancer		9.8%	11.5%
% 65+ with benign prostatic hyperplasia		32.5%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism	B	18.3%	20.8%
% 65+ with anemia		36.9%	37.3%
% 65+ with chronic kidney disease	B	15.6%	22.3%
% 65+ with liver diseases	B	5.2%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		16.7%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		3.8%	4.0%
% 65+ with epilepsy		1.8%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	20.2%	22.9%
% 65+ with cataract		61.6%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.5%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		51.4%	54.4%
% 65+ with 0 chronic conditions	B	13.1%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		21.5%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	W	16.9%	14.4%
% 65+ with self-reported vision difficulty		2.6%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		8.3%	6.9%
% 65+ with self-reported ambulatory difficulty	W	28.0%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.7%	3.2%
% 65+ with self-reported self-care difficulty		4.1%	5.6%
% 65+ with self-reported independent living difficulty		11.5%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees	*	5.3%	7.9%
% dually eligible for Medicare and Medicaid	*	11.9%	7.5%
% 60+ with a regular doctor		96.4%	95.8%
% 60+ who did not see doctor when needed due to cost		9.7%	5.4%
# of primary care providers within 5 miles		29	2,961
# of hospitals within 5 miles		1	26
# of nursing homes within 5 miles		0	74
# of home health agencies		2	49
# of community health centers		1	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	4.2	6.3
Emergency room visits/1000 persons 65+ years per year		589	572
Part D monthly prescription fills per person per year		48.0	49.1
Home health visits per year	*	1.5	2.5
Durable medical equipment claims per year		1.8	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	193	237
Medicare inpatient hospital readmissions (as % of admissions)		12.8%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		83	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		3.5%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.4%	0.8%
% of grandparents who live with grandchildren		1.2%	2.5%
# of assisted living sites		2	134
% of vacant homes in community		13.1%	16.0%
# of universities and community colleges		1	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		89.0%	93.0%
% 60+ who used Internet in last month		72.9%	77.6%
Voter participation rate in 2018 election (age 18+)		48.3%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		335	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		40	586
Property crime rate /100,000 persons		2,231	2,012
% 65+ who own a motor vehicle		89.9%	91.0%
% 60+ who always drive wearing a seatbelt		73.0%	77.1%
# of fatal crashes involving adult age 60+/town		3	151
# of fatal crashes involving adult age 60+/county		17	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		9.1%	5.4%
% 60+ receiving food stamps past year		18.1%	5.7%
% 65+ employed past year		34.8%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		26.3%	18.2%
% households with annual income \$20,000-\$49,999		40.1%	36.5%
% households with annual income > \$50,000		33.6%	45.3%
% 60+ own home		73.8%	79.9%
% 60+ have mortgage on home		35.0%	35.3%
% 65+ households spend >35% of income on housing (renter)		6.3%	8.7%
% 65+ households spend >35% of income on housing (owner)		13.6%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$23,496	\$25,284	0.93
Single, renter, good health	\$26,592	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$35,436	\$37,128	0.95
Couple, renter, good health	\$38,532	\$38,244	1.01

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

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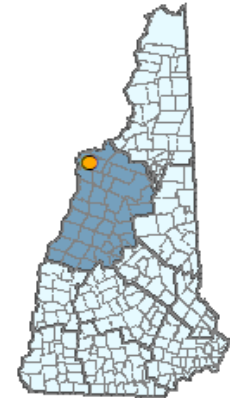
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*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, Shuangshuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019

## Lyman (Grafton)

Lyman is a rural town located in northwestern New Hampshire bordering the ridge of Gardner Mountain. There are 135 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of anxiety and bipolar disorders, Alzheimer’s disease or related dementias, diabetes, osteoarthritis/rheumatoid arthritis, hypothyroidism, chronic kidney disease, and visual impairment. A community resource to support healthy aging is a home health agency and a senior center.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		623	1,327,503
Population 60 years or older as % of total population		29.2%	22.7%
Total population 60 years or older		182	301,630
Population 65 years or older as % of total population		21.7%	15.8%
Total population 65 years or older		135	210,385
% 65-74 years		65.2%	58.5%
% 75-84 years		28.1%	28.6%
% 85 years or older		6.7%	12.9%
Gender (65+ population)			
% female		50.4%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		2.2%	0.9%
Marital Status (65+ population)			
% married		68.9%	58.5%
% divorced/separated		5.2%	14.0%
% widowed		25.2%	22.9%
% never married		0.7%	4.6%
Education (65+ population)			
% with less than high school education		18.5%	12.3%
% with high school or some college		48.9%	57.1%
% with college degree		32.6%	30.6%
% of 65+ population living alone		22.2%	26.1%
% of 65+ population who speak only English at home		98.5%	91.3%
% of 65+ population who are veterans of military service		20.7%	24.8%
Age-sex adjusted 1-year mortality rate		4.3%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		1.5%	1.0%
% moved from different state		1.5%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		73.6%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		23.8%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.3%	58.6%
% 60+ met CDC guidelines for both types of physical activities		17.3%	19.9%
% 60+ getting recommended hours of sleep		64.8%	66.4%
% 60+ injured in a fall within last 12 months		9.6%	10.4%
% 65+ had hip fracture		3.5%	3.3%
% 60+ with self-reported fair or poor health status		18.0%	16.5%
% 60+ with 15+ physically unhealthy days last month		16.6%	12.5%
% 60+ with physical exam/check-up in past year		83.2%	86.5%
% 60+ met CDC preventive health screening goals		38.2%	40.3%
% 60+ flu shot past year		52.1%	59.3%
% 65+ with pneumonia vaccine		74.9%	77.8%
% 60+ with cholesterol screening		92.9%	95.3%
% 60+ women with a mammogram within last 2 years		77.0%	79.3%
% 60+ with colorectal cancer screening		80.9%	77.0%
% 60+ with HIV test		16.2%	13.5%
% 60+ current smokers		10.6%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		33.6%	29.0%
% 60+ with annual dental exam		69.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		83	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		15.2%	20.2%
% 60+ self-reported obese		27.6%	27.2%
% 65+ clinically diagnosed obese		15.3%	16.7%
% 65+ with high cholesterol		69.5%	72.2%
% 60+ excessive drinking		7.6%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		8.0%	6.9%
% 65+ with depression		25.1%	28.8%
% 65+ with anxiety disorders	B	12.4%	21.9%
% 65+ with bipolar disorders	B	2.0%	3.1%
% 65+ with post-traumatic stress disorder		0.9%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.9%	4.9%
% 65+ with personality disorders		1.0%	1.1%
# opioid deaths (all ages) (county)		45	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		6.1%	5.5%
% 65+ with tobacco use disorders		13.1%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	7.5%	12.0%
% 65+ with diabetes	B	22.4%	28.2%
% 65+ with stroke		9.2%	10.8%
% 65+ with chronic obstructive pulmonary disease		18.3%	20.5%
% 65+ with asthma		14.2%	13.0%
% 65+ with hypertension		68.8%	70.2%
% 65+ ever had a heart attack		5.1%	4.5%
% 65+ with ischemic heart disease		31.7%	34.3%
% 65+ with congestive heart failure		17.7%	17.7%
% 65+ with atrial fibrillation		12.2%	14.4%
% 65+ with peripheral vascular disease		12.3%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	38.1%	49.1%
% 65+ with osteoporosis		15.5%	17.4%
% 65+ with leukemias and lymphomas		1.8%	2.0%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with colon cancer		2.5%	2.4%
% 65+ women with breast cancer		9.3%	9.8%
% 65+ women with endometrial cancer		1.8%	1.7%
% 65+ men with prostate cancer		13.0%	11.5%
% 65+ with benign prostatic hyperplasia		30.6%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism	B	16.9%	20.8%
% 65+ with anemia		33.7%	37.3%
% 65+ with chronic kidney disease	B	14.4%	22.3%
% 65+ with liver diseases		5.9%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		16.3%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
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% 65+ with glaucoma		19.5%	22.9%
% 65+ with cataract		57.0%	61.2%
% 65+ with pressure ulcer or chronic ulcer		5.5%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	47.8%	54.4%
% 65+ with 0 chronic conditions		11.8%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		18.5%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.0%	14.4%
% 65+ with self-reported vision difficulty		3.7%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.7%	0.9%
% 65+ with self-reported cognition difficulty		14.8%	6.9%
% 65+ with self-reported ambulatory difficulty		23.0%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.5%	3.2%
% 65+ with self-reported self-care difficulty		15.6%	5.6%
% 65+ with self-reported independent living difficulty		17.8%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		6.7%	7.9%
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% 60+ with a regular doctor		96.4%	95.8%
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# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		1	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	3.6	6.3
Emergency room visits/1000 persons 65+ years per year		540	572
Part D monthly prescription fills per person per year		49.3	49.1
Home health visits per year	*	1.4	2.5
Durable medical equipment claims per year		1.8	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	174	237
Medicare inpatient hospital readmissions (as % of admissions)		17.1%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		53	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		2.9%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		0.0%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		31.6%	16.0%
# of universities and community colleges		0	41
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Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		40	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		95.8%	91.0%
% 60+ who always drive wearing a seatbelt		73.0%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
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HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
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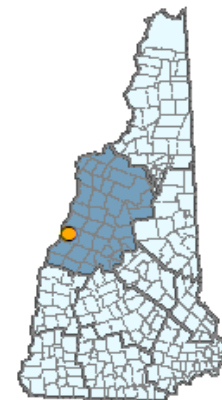
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*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019

## Lyme (Grafton)

Lyme is a town in Grafton County and is home to the Chaffee Natural Conservation Area. There are 395 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of tooth loss, high cholesterol, anxiety disorders, post-traumatic stress disorder, schizophrenia and other psychotic disorders, tobacco use disorders, Alzheimer’s disease or related dementias, diabetes, stroke, chronic obstructive pulmonary disease, asthma, hypertension, heart attack, ischemic heart disease, congestive heart failure, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, osteoporosis, lung cancer, benign prostatic hyperplasia, anemia, chronic kidney disease, liver diseases, glaucoma, and pressure ulcers. However, they had higher rates of leukemias and lymphomas. They are more likely to not smoke and to take the health promotion steps of engaging in any physical activity within the last month, meeting the CDC guidelines for aerobic physical activity, getting the recommended hours of sleep, and having an annual dental exam. Community resources to support healthy aging include 4 primary care providers within 5 miles, 2 home health agencies, a senior center, and a public library.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		1,754	1,327,503
Population 60 years or older as % of total population		29.9%	22.7%
Total population 60 years or older		524	301,630
Population 65 years or older as % of total population		22.5%	15.8%
Total population 65 years or older		395	210,385
% 65-74 years		69.4%	58.5%
% 75-84 years		23.3%	28.6%
% 85 years or older		7.3%	12.9%
Gender (65+ population)			
% female		51.1%	54.7%
Race/Ethnicity (65+ population)			
% White		98.7%	97.7%
% African American		1.3%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.8%	0.9%
Marital Status (65+ population)			
% married		69.9%	58.5%
% divorced/separated		13.2%	14.0%
% widowed		14.7%	22.9%
% never married		2.3%	4.6%
Education (65+ population)			
% with less than high school education		3.3%	12.3%
% with high school or some college		34.4%	57.1%
% with college degree		62.3%	30.6%
% of 65+ population living alone		21.4%	26.1%
% of 65+ population who speak only English at home		93.9%	91.3%
% of 65+ population who are veterans of military service		17.2%	24.8%
Age-sex adjusted 1-year mortality rate		3.8%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		2.5%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month	B	84.4%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		29.9%	26.0%
% 60+ met CDC guidelines for aerobic physical activity	B	69.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities		23.4%	19.9%
% 60+ getting recommended hours of sleep	B	73.6%	66.4%
% 60+ injured in a fall within last 12 months		11.4%	10.4%
% 65+ had hip fracture		3.2%	3.3%
% 60+ with self-reported fair or poor health status		13.9%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.4%	12.5%
% 60+ with physical exam/check-up in past year		80.9%	86.5%
% 60+ met CDC preventive health screening goals		39.7%	40.3%
% 60+ flu shot past year		66.1%	59.3%
% 65+ with pneumonia vaccine		81.0%	77.8%
% 60+ with cholesterol screening		94.5%	95.3%
% 60+ women with a mammogram within last 2 years		70.6%	79.3%
% 60+ with colorectal cancer screening		74.2%	77.0%
% 60+ with HIV test		14.4%	13.5%
% 60+ current smokers	B	3.9%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth	B	18.5%	29.0%
% 60+ with annual dental exam	B	83.6%	75.7%
# of dentists per 100,000 persons (all ages) (county)		83	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		25.4%	20.2%
% 60+ self-reported obese	B	19.5%	27.2%
% 65+ clinically diagnosed obese		14.4%	16.7%
% 65+ with high cholesterol	B	59.3%	72.2%
% 60+ excessive drinking		9.8%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		5.0%	6.9%
% 65+ with depression		26.5%	28.8%
% 65+ with anxiety disorders	B	14.7%	21.9%
% 65+ with bipolar disorders		2.5%	3.1%
% 65+ with post-traumatic stress disorder	B	0.7%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.9%	4.9%
% 65+ with personality disorders		0.9%	1.1%
# opioid deaths (all ages) (county)		45	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		6.0%	5.5%
% 65+ with tobacco use disorders	B	6.6%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	8.4%	12.0%
% 65+ with diabetes	B	21.7%	28.2%
% 65+ with stroke	B	7.4%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	11.3%	20.5%
% 65+ with asthma	B	10.3%	13.0%
% 65+ with hypertension	B	57.4%	70.2%
% 65+ ever had a heart attack	B	3.0%	4.5%
% 65+ with ischemic heart disease	B	23.7%	34.3%
% 65+ with congestive heart failure	B	13.7%	17.7%
% 65+ with atrial fibrillation		13.7%	14.4%
% 65+ with peripheral vascular disease	B	8.2%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	43.3%	49.1%
% 65+ with osteoporosis	B	13.1%	17.4%
% 65+ with leukemias and lymphomas	W	3.4%	2.0%
% 65+ with lung cancer	B	1.1%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		9.7%	9.8%
% 65+ women with endometrial cancer		1.5%	1.7%
% 65+ men with prostate cancer		11.5%	11.5%
% 65+ with benign prostatic hyperplasia	B	29.5%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		18.7%	20.8%
% 65+ with anemia	B	30.1%	37.3%
% 65+ with chronic kidney disease	B	13.9%	22.3%
% 65+ with liver diseases	B	4.8%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.7%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		4.4%	4.0%
% 65+ with epilepsy		1.6%	2.1%
% 65+ with traumatic brain injury		1.0%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	19.6%	22.9%
% 65+ with cataract		59.3%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	5.0%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	39.6%	54.4%
% 65+ with 0 chronic conditions	B	14.2%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		11.4%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		16.9%	14.4%
% 65+ with self-reported vision difficulty		9.6%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty		5.3%	6.9%
% 65+ with self-reported ambulatory difficulty	B	13.4%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.6%	3.2%
% 65+ with self-reported self-care difficulty		4.3%	5.6%
% 65+ with self-reported independent living difficulty		11.9%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		7.6%	7.9%
% dually eligible for Medicare and Medicaid	*	3.3%	7.5%
% 60+ with a regular doctor		94.4%	95.8%
% 60+ who did not see doctor when needed due to cost		3.8%	5.4%
# of primary care providers within 5 miles		4	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		2	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	5.1	6.3
Emergency room visits/1000 persons 65+ years per year	*	386	572
Part D monthly prescription fills per person per year	*	41.4	49.1
Home health visits per year	*	1.7	2.5
Durable medical equipment claims per year	*	1.6	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	179	237
Medicare inpatient hospital readmissions (as % of admissions)		12.8%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	49	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.4%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		1.0%	0.8%
% of grandparents who live with grandchildren		2.3%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		13.3%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		89.0%	93.0%
% 60+ who used Internet in last month		84.8%	77.6%
Voter participation rate in 2018 election (age 18+)		77.9%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		40	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		94.3%	91.0%
% 60+ who always drive wearing a seatbelt		82.9%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		17	151



HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		4.1%	5.4%
% 60+ receiving food stamps past year		0.0%	5.7%
% 65+ employed past year		35.2%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		6.9%	18.2%
% households with annual income \$20,000-\$49,999		30.8%	36.5%
% households with annual income > \$50,000		62.3%	45.3%
% 60+ own home		91.4%	79.9%
% 60+ have mortgage on home		32.5%	35.3%
% 65+ households spend >35% of income on housing (renter)		2.4%	8.7%
% 65+ households spend >35% of income on housing (owner)		17.0%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$23,496	\$25,284	0.93
Single, renter, good health	\$26,592	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$35,436	\$37,128	0.95
Couple, renter, good health	\$38,532	\$38,244	1.01

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

#### Data Sources:

- Population Characteristics: The U.S. Census Bureau (American Community Survey 2012-2016).
- Wellness & Prevention: The Behavioral Risk Factor Surveillance System (2011-2016).
- Nutrition/Diet: BRFSS (2011-2016), CMS (2014-2015), and the U.S. Department of Agriculture Food Atlas (2017).
- Behavioral Health: BRFSS (2011-2016), CMS (2014-2015), CDC Wonder website (2014-2016).
- Chronic Disease: The Master Beneficiary Summary File ABCD/Other from CMS (2014-2015).
- Disability: CMS (2014-2015) for the clinical measures, and ACS (2012-2016) for the self-reported disability.
- Access to Care: BRFSS (2011-2016), CMS (2015), Medicare.gov (June-July 2018), the NH Division of Public Health Services (2018), National Adult Day Services Association (2018), memorycaresdirectory.com (2018), and the Alzheimer's Association (July 2018).
- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic Engagement: AARP (2018 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), the Aging & Disability Resource Center, U.S. Environmental Protection Agency Air Compare (2016), assistedlivingfacilities.org, ACS (2012-2016), the NH Department of Business and Economic Affairs Division of Travel and Tourism Development (August 2018), NH YMCA (July 2018), the Federal Communications Commission (2016), BRFSS (2011-2016), and the NH Secretary of State.
- Safety & Transportation: U.S. Department of Justice Federal Bureau of Investigation (August 2017), the County Health Rankings (2018), BRFSS (2011-2016), ACS (2012-2016), and the National Highway Traffic Safety Administration (2011-2015).
- Economic & Housing, Cost of Living: ACS (2012-2016) and the Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (August 2017).

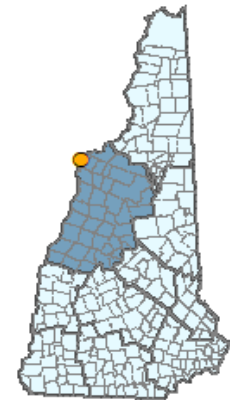
*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019



## Monroe (Grafton)

Monroe is a rural town in Grafton County located along the Connecticut River and contains part of the Ammonoosuc Gold Fields. There are 182 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, anxiety and bipolar disorders, Alzheimer’s disease or related dementias, stroke, peripheral vascular disease, hypothyroidism, and visual impairment. Community resources to support healthy aging include a home health agency, a senior center, and a public library.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		995	1,327,503
Population 60 years or older as % of total population		26.1%	22.7%
Total population 60 years or older		260	301,630
Population 65 years or older as % of total population		18.3%	15.8%
Total population 65 years or older		182	210,385
% 65-74 years		54.9%	58.5%
% 75-84 years		29.7%	28.6%
% 85 years or older		15.4%	12.9%
Gender (65+ population)			
% female		52.7%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		74.7%	58.5%
% divorced/separated		12.6%	14.0%
% widowed		11.5%	22.9%
% never married		1.1%	4.6%
Education (65+ population)			
% with less than high school education		14.8%	12.3%
% with high school or some college		63.2%	57.1%
% with college degree		22.0%	30.6%
% of 65+ population living alone		16.5%	26.1%
% of 65+ population who speak only English at home		97.8%	91.3%
% of 65+ population who are veterans of military service		16.5%	24.8%
Age-sex adjusted 1-year mortality rate		5.8%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		6.0%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		73.6%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		23.8%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.3%	58.6%
% 60+ met CDC guidelines for both types of physical activities		17.3%	19.9%
% 60+ getting recommended hours of sleep		64.8%	66.4%
% 60+ injured in a fall within last 12 months		9.6%	10.4%
% 65+ had hip fracture		3.5%	3.3%
% 60+ with self-reported fair or poor health status		18.0%	16.5%
% 60+ with 15+ physically unhealthy days last month		16.6%	12.5%
% 60+ with physical exam/check-up in past year		83.2%	86.5%
% 60+ met CDC preventive health screening goals		38.2%	40.3%
% 60+ flu shot past year		52.1%	59.3%
% 65+ with pneumonia vaccine		74.9%	77.8%
% 60+ with cholesterol screening		92.9%	95.3%
% 60+ women with a mammogram within last 2 years		77.0%	79.3%
% 60+ with colorectal cancer screening		80.9%	77.0%
% 60+ with HIV test		16.2%	13.5%
% 60+ current smokers		10.6%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		33.6%	29.0%
% 60+ with annual dental exam		69.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		83	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		15.2%	20.2%
% 60+ self-reported obese		27.6%	27.2%
% 65+ clinically diagnosed obese		20.0%	16.7%
% 65+ with high cholesterol	B	65.4%	72.2%
% 60+ excessive drinking		7.6%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		8.0%	6.9%
% 65+ with depression		24.9%	28.8%
% 65+ with anxiety disorders	B	16.4%	21.9%
% 65+ with bipolar disorders	B	2.0%	3.1%
% 65+ with post-traumatic stress disorder		0.9%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.9%	4.9%
% 65+ with personality disorders		1.0%	1.1%
# opioid deaths (all ages) (county)		45	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.2%	5.5%
% 65+ with tobacco use disorders		8.1%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	8.3%	12.0%
% 65+ with diabetes		25.3%	28.2%
% 65+ with stroke	B	6.5%	10.8%
% 65+ with chronic obstructive pulmonary disease		17.2%	20.5%
% 65+ with asthma		10.7%	13.0%
% 65+ with hypertension		73.6%	70.2%
% 65+ ever had a heart attack		6.6%	4.5%
% 65+ with ischemic heart disease		33.6%	34.3%
% 65+ with congestive heart failure		16.1%	17.7%
% 65+ with atrial fibrillation		11.7%	14.4%
% 65+ with peripheral vascular disease	B	10.6%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		48.8%	49.1%
% 65+ with osteoporosis		15.5%	17.4%
% 65+ with leukemias and lymphomas		1.8%	2.0%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with colon cancer		2.5%	2.4%
% 65+ women with breast cancer		14.8%	9.8%
% 65+ women with endometrial cancer		1.8%	1.7%
% 65+ men with prostate cancer		9.2%	11.5%
% 65+ with benign prostatic hyperplasia		33.3%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism	B	14.1%	20.8%
% 65+ with anemia		33.3%	37.3%
% 65+ with chronic kidney disease		18.2%	22.3%
% 65+ with liver diseases		7.1%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		17.7%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		3.5%	4.0%
% 65+ with epilepsy		1.8%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		21.0%	22.9%
% 65+ with cataract		63.6%	61.2%
% 65+ with pressure ulcer or chronic ulcer		4.9%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		51.2%	54.4%
% 65+ with 0 chronic conditions		8.7%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		22.0%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.7%	14.4%
% 65+ with self-reported vision difficulty		11.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.7%	0.9%
% 65+ with self-reported cognition difficulty		13.2%	6.9%
% 65+ with self-reported ambulatory difficulty		22.0%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.5%	3.2%
% 65+ with self-reported self-care difficulty		12.6%	5.6%
% 65+ with self-reported independent living difficulty		17.0%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		8.5%	7.9%
% dually eligible for Medicare and Medicaid	*	3.6%	7.5%
% 60+ with a regular doctor		96.4%	95.8%
% 60+ who did not see doctor when needed due to cost		9.7%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		1	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	3.5	6.3
Emergency room visits/1000 persons 65+ years per year		502	572
Part D monthly prescription fills per person per year	*	42.7	49.1
Home health visits per year	*	0.7	2.5
Durable medical equipment claims per year		1.6	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	173	237
Medicare inpatient hospital readmissions (as % of admissions)	*	7.5%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		56	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.5%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.5%	0.8%
% of grandparents who live with grandchildren		3.0%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		11.1%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		89.0%	93.0%
% 60+ who used Internet in last month		72.9%	77.6%
Voter participation rate in 2018 election (age 18+)		53.3%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		40	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		94.8%	91.0%
% 60+ who always drive wearing a seatbelt		73.0%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		17	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		1.6%	5.4%
% 60+ receiving food stamps past year		8.3%	5.7%
% 65+ employed past year		21.4%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		12.4%	18.2%
% households with annual income \$20,000-\$49,999		51.5%	36.5%
% households with annual income > \$50,000		36.1%	45.3%
% 60+ own home		95.8%	79.9%
% 60+ have mortgage on home		31.7%	35.3%
% 65+ households spend >35% of income on housing (renter)		2.1%	8.7%
% 65+ households spend >35% of income on housing (owner)		15.5%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$23,496	\$25,284	0.93
Single, renter, good health	\$26,592	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$35,436	\$37,128	0.95
Couple, renter, good health	\$38,532	\$38,244	1.01

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\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

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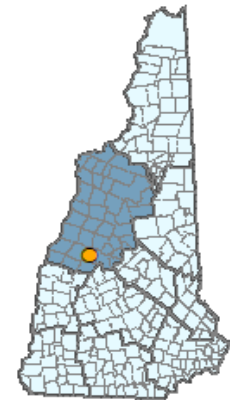
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*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019

## Orange (Grafton)

Orange is a rural town located in Grafton County and is home to Cardigan Mountain State Forest. There are 80 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of tooth loss, high cholesterol, anxiety disorders, post-traumatic stress disorder, schizophrenia and other psychotic disorders, Alzheimer’s disease or related dementias, hypertension, osteoporosis, lung cancer, benign prostatic hyperplasia, hypothyroidism, anemia, liver diseases, glaucoma, cataracts, and pressure ulcers. However, they had higher rates of leukemias and lymphomas. They are more likely to take the health promotion steps of meeting the CDC guidelines for aerobic physical activity, getting the recommended hours of sleep, not smoking and having annual dental exams. Community resources to support healthy aging include 3 primary care providers within 5 miles, a senior center, and 3 home health agencies.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		230	1,327,503
Population 60 years or older as % of total population		43.5%	22.7%
Total population 60 years or older		100	301,630
Population 65 years or older as % of total population		34.8%	15.8%
Total population 65 years or older		80	210,385
% 65-74 years		67.5%	58.5%
% 75-84 years		23.8%	28.6%
% 85 years or older		8.8%	12.9%
Gender (65+ population)			
% female		38.8%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		66.3%	58.5%
% divorced/separated		22.5%	14.0%
% widowed		11.3%	22.9%
% never married		0.0%	4.6%
Education (65+ population)			
% with less than high school education		8.8%	12.3%
% with high school or some college		60.0%	57.1%
% with college degree		31.3%	30.6%
% of 65+ population living alone		21.3%	26.1%
% of 65+ population who speak only English at home		97.5%	91.3%
% of 65+ population who are veterans of military service		27.5%	24.8%
Age-sex adjusted 1-year mortality rate		3.1%	4.1%



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month	B	84.4%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		29.9%	26.0%
% 60+ met CDC guidelines for aerobic physical activity	B	69.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities		23.4%	19.9%
% 60+ getting recommended hours of sleep	B	73.6%	66.4%
% 60+ injured in a fall within last 12 months		11.4%	10.4%
% 65+ had hip fracture		3.2%	3.3%
% 60+ with self-reported fair or poor health status		13.9%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.4%	12.5%
% 60+ with physical exam/check-up in past year		80.9%	86.5%
% 60+ met CDC preventive health screening goals		39.7%	40.3%
% 60+ flu shot past year		66.1%	59.3%
% 65+ with pneumonia vaccine		81.0%	77.8%
% 60+ with cholesterol screening		94.5%	95.3%
% 60+ women with a mammogram within last 2 years		70.6%	79.3%
% 60+ with colorectal cancer screening		74.2%	77.0%
% 60+ with HIV test		14.4%	13.5%
% 60+ current smokers	B	3.9%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth	B	18.5%	29.0%
% 60+ with annual dental exam	B	83.6%	75.7%
# of dentists per 100,000 persons (all ages) (county)		83	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		25.4%	20.2%
% 60+ self-reported obese	B	19.5%	27.2%
% 65+ clinically diagnosed obese		18.6%	16.7%
% 65+ with high cholesterol	B	56.7%	72.2%
% 60+ excessive drinking		9.8%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		5.0%	6.9%
% 65+ with depression		27.3%	28.8%
% 65+ with anxiety disorders	B	15.3%	21.9%
% 65+ with bipolar disorders		2.5%	3.1%
% 65+ with post-traumatic stress disorder	B	0.7%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.9%	4.9%
% 65+ with personality disorders		0.9%	1.1%
# opioid deaths (all ages) (county)		45	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.0%	5.5%
% 65+ with tobacco use disorders		13.2%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	9.8%	12.0%
% 65+ with diabetes		27.5%	28.2%
% 65+ with stroke		10.1%	10.8%
% 65+ with chronic obstructive pulmonary disease		18.3%	20.5%
% 65+ with asthma		14.6%	13.0%
% 65+ with hypertension	B	65.3%	70.2%
% 65+ ever had a heart attack		6.2%	4.5%
% 65+ with ischemic heart disease		31.9%	34.3%
% 65+ with congestive heart failure		16.9%	17.7%
% 65+ with atrial fibrillation		13.6%	14.4%
% 65+ with peripheral vascular disease		14.4%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		45.2%	49.1%
% 65+ with osteoporosis	B	14.1%	17.4%
% 65+ with leukemias and lymphomas	W	3.4%	2.0%
% 65+ with lung cancer	B	1.1%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		8.4%	9.8%
% 65+ women with endometrial cancer		1.5%	1.7%
% 65+ men with prostate cancer		10.8%	11.5%
% 65+ with benign prostatic hyperplasia	B	27.8%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism	B	17.8%	20.8%
% 65+ with anemia	B	28.7%	37.3%
% 65+ with chronic kidney disease		19.5%	22.3%
% 65+ with liver diseases	B	5.0%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		16.7%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		4.4%	4.0%
% 65+ with epilepsy		1.6%	2.1%
% 65+ with traumatic brain injury		1.0%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	19.5%	22.9%
% 65+ with cataract	B	57.3%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	4.6%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	48.1%	54.4%
% 65+ with 0 chronic conditions	B	14.8%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		30.0%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		13.1%	14.4%
% 65+ with self-reported vision difficulty		5.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty		2.5%	6.9%
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% 65+ with self-reported independent living difficulty		5.0%	11.3%
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# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		3	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
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Durable medical equipment claims per year		1.9	2.0
Inpatient hospital stays/1000 persons 65+ years per year		215	237
Medicare inpatient hospital readmissions (as % of admissions)		16.5%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		61	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.3%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.0%	0.8%
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Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		40	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		100.0%	91.0%
% 60+ who always drive wearing a seatbelt		82.9%	77.1%
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HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
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% 60+ own home		98.3%	79.9%
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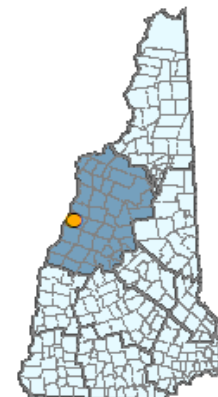
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*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, Shuangshuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019

## Orford (Grafton)

Orford is a rural town located in western New Hampshire known for its historic "ridge" homes. There are 234 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of tooth loss, high cholesterol, anxiety disorders, post-traumatic stress disorder, schizophrenia and other psychotic disorders, tobacco use disorders, Alzheimer's disease or related dementias, diabetes, stroke, chronic obstructive pulmonary disease, asthma, hypertension, heart attack, ischemic heart disease, congestive heart failure, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, osteoporosis, lung cancer, benign prostatic hyperplasia, anemia, chronic kidney disease, liver diseases, glaucoma, and pressure ulcers. However, they had higher rates of leukemias and lymphomas. They are more likely to take the health promotion steps of meeting the CDC guidelines for aerobic physical activity, getting the recommended hours of sleep, not smoking and having annual dental exams. Community resources to support healthy aging include a home health agency, a senior center, and 2 public libraries.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		1,504	1,327,503
Population 60 years or older as % of total population		21.9%	22.7%
Total population 60 years or older		330	301,630
Population 65 years or older as % of total population		15.6%	15.8%
Total population 65 years or older		234	210,385
% 65-74 years		53.4%	58.5%
% 75-84 years		32.9%	28.6%
% 85 years or older		13.7%	12.9%
Gender (65+ population)			
% female		47.9%	54.7%
Race/Ethnicity (65+ population)			
% White		93.2%	97.7%
% African American		6.8%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		2.1%	0.9%
Marital Status (65+ population)			
% married		59.4%	58.5%
% divorced/separated		14.1%	14.0%
% widowed		20.9%	22.9%
% never married		5.6%	4.6%
Education (65+ population)			
% with less than high school education		16.2%	12.3%
% with high school or some college		42.7%	57.1%
% with college degree		41.0%	30.6%
% of 65+ population living alone		22.6%	26.1%
% of 65+ population who speak only English at home		100.0%	91.3%
% of 65+ population who are veterans of military service		25.6%	24.8%
Age-sex adjusted 1-year mortality rate		3.8%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		1.7%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month	B	84.4%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		29.9%	26.0%
% 60+ met CDC guidelines for aerobic physical activity	B	69.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities		23.4%	19.9%
% 60+ getting recommended hours of sleep	B	73.6%	66.4%
% 60+ injured in a fall within last 12 months		11.4%	10.4%
% 65+ had hip fracture		3.2%	3.3%
% 60+ with self-reported fair or poor health status		13.9%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.4%	12.5%
% 60+ with physical exam/check-up in past year		80.9%	86.5%
% 60+ met CDC preventive health screening goals		39.7%	40.3%
% 60+ flu shot past year		66.1%	59.3%
% 65+ with pneumonia vaccine		81.0%	77.8%
% 60+ with cholesterol screening		94.5%	95.3%
% 60+ women with a mammogram within last 2 years		70.6%	79.3%
% 60+ with colorectal cancer screening		74.2%	77.0%
% 60+ with HIV test		14.4%	13.5%
% 60+ current smokers	B	3.9%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth	B	18.5%	29.0%
% 60+ with annual dental exam	B	83.6%	75.7%
# of dentists per 100,000 persons (all ages) (county)		83	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		25.4%	20.2%
% 60+ self-reported obese	B	19.5%	27.2%
% 65+ clinically diagnosed obese		14.4%	16.7%
% 65+ with high cholesterol	B	59.3%	72.2%
% 60+ excessive drinking		9.8%	9.2%
% 65+ with poor supermarket access		17.4%	28.4%



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		5.0%	6.9%
% 65+ with depression		26.5%	28.8%
% 65+ with anxiety disorders	B	14.7%	21.9%
% 65+ with bipolar disorders		2.5%	3.1%
% 65+ with post-traumatic stress disorder	B	0.7%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.9%	4.9%
% 65+ with personality disorders		0.9%	1.1%
# opioid deaths (all ages) (county)		45	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		6.0%	5.5%
% 65+ with tobacco use disorders	B	6.6%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	8.4%	12.0%
% 65+ with diabetes	B	21.7%	28.2%
% 65+ with stroke	B	7.4%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	11.3%	20.5%
% 65+ with asthma	B	10.3%	13.0%
% 65+ with hypertension	B	57.4%	70.2%
% 65+ ever had a heart attack	B	3.0%	4.5%
% 65+ with ischemic heart disease	B	23.7%	34.3%
% 65+ with congestive heart failure	B	13.7%	17.7%
% 65+ with atrial fibrillation		13.7%	14.4%
% 65+ with peripheral vascular disease	B	8.2%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	43.3%	49.1%
% 65+ with osteoporosis	B	13.1%	17.4%
% 65+ with leukemias and lymphomas	W	3.4%	2.0%
% 65+ with lung cancer	B	1.1%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		9.7%	9.8%
% 65+ women with endometrial cancer		1.5%	1.7%
% 65+ men with prostate cancer		11.5%	11.5%
% 65+ with benign prostatic hyperplasia	B	29.5%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		18.7%	20.8%
% 65+ with anemia	B	30.1%	37.3%
% 65+ with chronic kidney disease	B	13.9%	22.3%
% 65+ with liver diseases	B	4.8%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.7%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		4.4%	4.0%
% 65+ with epilepsy		1.6%	2.1%
% 65+ with traumatic brain injury		1.0%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	19.6%	22.9%
% 65+ with cataract		59.3%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	5.0%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	39.6%	54.4%
% 65+ with 0 chronic conditions	B	14.2%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		15.8%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		16.9%	14.4%
% 65+ with self-reported vision difficulty		1.3%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty		9.4%	6.9%
% 65+ with self-reported ambulatory difficulty		18.8%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.6%	3.2%
% 65+ with self-reported self-care difficulty		4.7%	5.6%
% 65+ with self-reported independent living difficulty		7.3%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		7.6%	7.9%
% dually eligible for Medicare and Medicaid	*	3.3%	7.5%
% 60+ with a regular doctor		94.4%	95.8%
% 60+ who did not see doctor when needed due to cost		3.8%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		1	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	5.1	6.3
Emergency room visits/1000 persons 65+ years per year	*	386	572
Part D monthly prescription fills per person per year	*	41.4	49.1
Home health visits per year	*	1.7	2.5
Durable medical equipment claims per year	*	1.6	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	179	237
Medicare inpatient hospital readmissions (as % of admissions)		12.8%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	49	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.4%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		1.5%	0.8%
% of grandparents who live with grandchildren		3.0%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		17.6%	16.0%
# of universities and community colleges		0	41
# of public libraries		2	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		89.0%	93.0%
% 60+ who used Internet in last month		84.8%	77.6%
Voter participation rate in 2018 election (age 18+)		51.6%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		0	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		40	586
Property crime rate /100,000 persons		323	2,012
% 65+ who own a motor vehicle		98.5%	91.0%
% 60+ who always drive wearing a seatbelt		82.9%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		17	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		7.3%	5.4%
% 60+ receiving food stamps past year		1.8%	5.7%
% 65+ employed past year		20.1%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		10.7%	18.2%
% households with annual income \$20,000-\$49,999		32.1%	36.5%
% households with annual income > \$50,000		57.3%	45.3%
% 60+ own home		87.4%	79.9%
% 60+ have mortgage on home		29.1%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		25.2%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$23,496	\$25,284	0.93
Single, renter, good health	\$26,592	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$35,436	\$37,128	0.95
Couple, renter, good health	\$38,532	\$38,244	1.01

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

#### Data Sources:

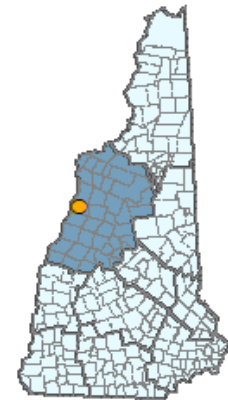
- Population Characteristics: The U.S. Census Bureau (American Community Survey 2012-2016).
- Wellness & Prevention: The Behavioral Risk Factor Surveillance System (2011-2016).
- Nutrition/Diet: BRFSS (2011-2016), CMS (2014-2015), and the U.S. Department of Agriculture Food Atlas (2017).
- Behavioral Health: BRFSS (2011-2016), CMS (2014-2015), CDC Wonder website (2014-2016).
- Chronic Disease: The Master Beneficiary Summary File ABCD/Other from CMS (2014-2015).
- Disability: CMS (2014-2015) for the clinical measures, and ACS (2012-2016) for the self-reported disability.
- Access to Care: BRFSS (2011-2016), CMS (2015), Medicare.gov (June-July 2018), the NH Division of Public Health Services (2018), National Adult Day Services Association (2018), memorycaresdirectory.com (2018), and the Alzheimer's Association (July 2018).
- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic Engagement: AARP (2018 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), the Aging & Disability Resource Center, U.S. Environmental Protection Agency Air Compare (2016), assistedlivingfacilities.org, ACS (2012-2016), the NH Department of Business and Economic Affairs Division of Travel and Tourism Development (August 2018), NH YMCA (July 2018), the Federal Communications Commission (2016), BRFSS (2011-2016), and the NH Secretary of State.
- Safety & Transportation: U.S. Department of Justice Federal Bureau of Investigation (August 2017), the County Health Rankings (2018), BRFSS (2011-2016), ACS (2012-2016), and the National Highway Traffic Safety Administration (2011-2015).
- Economic & Housing, Cost of Living: ACS (2012-2016) and the Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (August 2017).

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Update: 05/2019

## Piermont (Grafton)

Piermont is a rural town in Grafton County and is home to Camp Walt Whitman and Kingswood Camp for Boys. There are 194 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of tooth loss, high cholesterol, anxiety disorders, post-traumatic stress disorder, schizophrenia and other psychotic disorders, tobacco use disorders, Alzheimer's disease or related dementias, diabetes, stroke, chronic obstructive pulmonary disease, asthma, hypertension, heart attack, ischemic heart disease, congestive heart failure, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, osteoporosis, lung cancer, benign prostatic hyperplasia, anemia, chronic kidney disease, liver diseases, glaucoma, and pressure ulcers. However, they had higher rates of leukemias and lymphomas. They are more likely to take the health promotion step of meeting the CDC guidelines for aerobic physical activity, getting the recommended hours of sleep, not smoking and having annual dental exams. Community resources to support healthy aging include 6 primary care providers within 5 miles, 2 home health agencies, a senior center, and a public library.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		840	1,327,503
Population 60 years or older as % of total population		29.9%	22.7%
Total population 60 years or older		251	301,630
Population 65 years or older as % of total population		23.1%	15.8%
Total population 65 years or older		194	210,385
% 65-74 years		63.9%	58.5%
% 75-84 years		32.5%	28.6%
% 85 years or older		3.6%	12.9%
Gender (65+ population)			
% female		50.5%	54.7%
Race/Ethnicity (65+ population)			
% White		94.8%	97.7%
% African American		0.0%	0.5%
% Asian		4.1%	0.9%
% Other		1.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		68.0%	58.5%
% divorced/separated		10.8%	14.0%
% widowed		13.9%	22.9%
% never married		7.2%	4.6%
Education (65+ population)			
% with less than high school education		22.7%	12.3%
% with high school or some college		40.2%	57.1%
% with college degree		37.1%	30.6%
% of 65+ population living alone		20.1%	26.1%
% of 65+ population who speak only English at home		91.8%	91.3%
% of 65+ population who are veterans of military service		16.0%	24.8%
Age-sex adjusted 1-year mortality rate		3.8%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		2.6%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		1.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month	B	84.4%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		29.9%	26.0%
% 60+ met CDC guidelines for aerobic physical activity	B	69.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities		23.4%	19.9%
% 60+ getting recommended hours of sleep	B	73.6%	66.4%
% 60+ injured in a fall within last 12 months		11.4%	10.4%
% 65+ had hip fracture		3.2%	3.3%
% 60+ with self-reported fair or poor health status		13.9%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.4%	12.5%
% 60+ with physical exam/check-up in past year		80.9%	86.5%
% 60+ met CDC preventive health screening goals		39.7%	40.3%
% 60+ flu shot past year		66.1%	59.3%
% 65+ with pneumonia vaccine		81.0%	77.8%
% 60+ with cholesterol screening		94.5%	95.3%
% 60+ women with a mammogram within last 2 years		70.6%	79.3%
% 60+ with colorectal cancer screening		74.2%	77.0%
% 60+ with HIV test		14.4%	13.5%
% 60+ current smokers	B	3.9%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth	B	18.5%	29.0%
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# of dentists per 100,000 persons (all ages) (county)		83	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		25.4%	20.2%
% 60+ self-reported obese	B	19.5%	27.2%
% 65+ clinically diagnosed obese		14.4%	16.7%
% 65+ with high cholesterol	B	59.3%	72.2%
% 60+ excessive drinking		9.8%	9.2%
% 65+ with poor supermarket access		17.4%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		5.0%	6.9%
% 65+ with depression		26.5%	28.8%
% 65+ with anxiety disorders	B	14.7%	21.9%
% 65+ with bipolar disorders		2.5%	3.1%
% 65+ with post-traumatic stress disorder	B	0.7%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.9%	4.9%
% 65+ with personality disorders		0.9%	1.1%
# opioid deaths (all ages) (county)		45	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		6.0%	5.5%
% 65+ with tobacco use disorders	B	6.6%	10.4%
<b>CHRONIC DISEASE</b>			
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% 65+ with diabetes	B	21.7%	28.2%
% 65+ with stroke	B	7.4%	10.8%
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% 65+ with asthma	B	10.3%	13.0%
% 65+ with hypertension	B	57.4%	70.2%
% 65+ ever had a heart attack	B	3.0%	4.5%
% 65+ with ischemic heart disease	B	23.7%	34.3%
% 65+ with congestive heart failure	B	13.7%	17.7%
% 65+ with atrial fibrillation		13.7%	14.4%
% 65+ with peripheral vascular disease	B	8.2%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	43.3%	49.1%
% 65+ with osteoporosis	B	13.1%	17.4%
% 65+ with leukemias and lymphomas	W	3.4%	2.0%
% 65+ with lung cancer	B	1.1%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		9.7%	9.8%
% 65+ women with endometrial cancer		1.5%	1.7%
% 65+ men with prostate cancer		11.5%	11.5%
% 65+ with benign prostatic hyperplasia	B	29.5%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		18.7%	20.8%
% 65+ with anemia	B	30.1%	37.3%
% 65+ with chronic kidney disease	B	13.9%	22.3%
% 65+ with liver diseases	B	4.8%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.7%	18.6%



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		4.4%	4.0%
% 65+ with epilepsy		1.6%	2.1%
% 65+ with traumatic brain injury		1.0%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	19.6%	22.9%
% 65+ with cataract		59.3%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	5.0%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	39.6%	54.4%
% 65+ with 0 chronic conditions	B	14.2%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		16.0%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		16.9%	14.4%
% 65+ with self-reported vision difficulty		6.2%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty		8.2%	6.9%
% 65+ with self-reported ambulatory difficulty		19.6%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.6%	3.2%
% 65+ with self-reported self-care difficulty		5.2%	5.6%
% 65+ with self-reported independent living difficulty		9.3%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		7.6%	7.9%
% dually eligible for Medicare and Medicaid	*	3.3%	7.5%
% 60+ with a regular doctor		94.4%	95.8%
% 60+ who did not see doctor when needed due to cost		3.8%	5.4%
# of primary care providers within 5 miles		6	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		2	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	5.1	6.3
Emergency room visits/1000 persons 65+ years per year	*	386	572
Part D monthly prescription fills per person per year	*	41.4	49.1
Home health visits per year	*	1.7	2.5
Durable medical equipment claims per year	*	1.6	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	179	237
Medicare inpatient hospital readmissions (as % of admissions)		12.8%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	49	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.4%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		1.0%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		28.9%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		89.0%	93.0%
% 60+ who used Internet in last month		84.8%	77.6%
Voter participation rate in 2018 election (age 18+)		50.3%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		40	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		91.1%	91.0%
% 60+ who always drive wearing a seatbelt		82.9%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		17	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		3.6%	5.4%
% 60+ receiving food stamps past year		1.2%	5.7%
% 65+ employed past year		41.8%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		7.1%	18.2%
% households with annual income \$20,000-\$49,999		35.7%	36.5%
% households with annual income > \$50,000		57.1%	45.3%
% 60+ own home		87.9%	79.9%
% 60+ have mortgage on home		29.1%	35.3%
% 65+ households spend >35% of income on housing (renter)		1.8%	8.7%
% 65+ households spend >35% of income on housing (owner)		23.2%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$23,496	\$25,284	0.93
Single, renter, good health	\$26,592	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$35,436	\$37,128	0.95
Couple, renter, good health	\$38,532	\$38,244	1.01

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

#### Data Sources:

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- Behavioral Health: BRFSS (2011-2016), CMS (2014-2015), CDC Wonder website (2014-2016).
- Chronic Disease: The Master Beneficiary Summary File ABCD/Other from CMS (2014-2015).
- Disability: CMS (2014-2015) for the clinical measures, and ACS (2012-2016) for the self-reported disability.
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- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic Engagement: AARP (2018 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), the Aging & Disability Resource Center, U.S. Environmental Protection Agency Air Compare (2016), assistedlivingfacilities.org, ACS (2012-2016), the NH Department of Business and Economic Affairs Division of Travel and Tourism Development (August 2018), NH YMCA (July 2018), the Federal Communications Commission (2016), BRFSS (2011-2016), and the NH Secretary of State.
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- Economic & Housing, Cost of Living: ACS (2012-2016) and the Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (August 2017).

*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019

## Plymouth (Grafton)

Plymouth is a town located in Grafton County and bordering the White Mountain National Forest. There are 771 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, depression, diabetes, stroke, peripheral vascular disease, osteoporosis, anemia, chronic kidney disease, and hearing impairment. However, they had a higher rate of cataracts. Community resources to support healthy aging include 29 primary care providers and a hospital within 5 miles, 2 home health agencies, a community health center, a senior center, a university or community college, and 2 public libraries.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		6,659	1,327,503
Population 60 years or older as % of total population		15.5%	22.7%
Total population 60 years or older		1,035	301,630
Population 65 years or older as % of total population		11.6%	15.8%
Total population 65 years or older		771	210,385
% 65-74 years		49.4%	58.5%
% 75-84 years		30.0%	28.6%
% 85 years or older		20.6%	12.9%
Gender (65+ population)			
% female		66.3%	54.7%
Race/Ethnicity (65+ population)			
% White		98.1%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		1.9%	0.9%
% Hispanic/Latino		3.1%	0.9%
Marital Status (65+ population)			
% married		30.9%	58.5%
% divorced/separated		18.3%	14.0%
% widowed		47.2%	22.9%
% never married		3.6%	4.6%
Education (65+ population)			
% with less than high school education		11.0%	12.3%
% with high school or some college		71.9%	57.1%
% with college degree		17.1%	30.6%
% of 65+ population living alone		37.4%	26.1%
% of 65+ population who speak only English at home		92.2%	91.3%
% of 65+ population who are veterans of military service		18.9%	24.8%
Age-sex adjusted 1-year mortality rate		3.7%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		1.4%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		77.5%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		30.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		24.3%	19.9%
% 60+ getting recommended hours of sleep		68.7%	66.4%
% 60+ injured in a fall within last 12 months		8.2%	10.4%
% 65+ had hip fracture		3.0%	3.3%
% 60+ with self-reported fair or poor health status		13.3%	16.5%
% 60+ with 15+ physically unhealthy days last month		14.1%	12.5%
% 60+ with physical exam/check-up in past year		83.2%	86.5%
% 60+ met CDC preventive health screening goals		38.5%	40.3%
% 60+ flu shot past year		60.9%	59.3%
% 65+ with pneumonia vaccine		83.7%	77.8%
% 60+ with cholesterol screening		93.9%	95.3%
% 60+ women with a mammogram within last 2 years		79.2%	79.3%
% 60+ with colorectal cancer screening		69.9%	77.0%
% 60+ with HIV test		18.1%	13.5%
% 60+ current smokers		8.8%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		31.7%	29.0%
% 60+ with annual dental exam		73.5%	75.7%
# of dentists per 100,000 persons (all ages) (county)		83	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		24.1%	20.2%
% 60+ self-reported obese		22.1%	27.2%
% 65+ clinically diagnosed obese	B	13.3%	16.7%
% 65+ with high cholesterol		71.6%	72.2%
% 60+ excessive drinking		7.0%	9.2%
% 65+ with poor supermarket access		85.4%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		7.8%	6.9%
% 65+ with depression	B	25.6%	28.8%
% 65+ with anxiety disorders		19.7%	21.9%
% 65+ with bipolar disorders		3.3%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders		5.2%	4.9%
% 65+ with personality disorders		1.5%	1.1%
# opioid deaths (all ages) (county)		45	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.7%	5.5%
% 65+ with tobacco use disorders		10.6%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		11.4%	12.0%
% 65+ with diabetes	B	25.0%	28.2%
% 65+ with stroke	B	8.7%	10.8%
% 65+ with chronic obstructive pulmonary disease		18.7%	20.5%
% 65+ with asthma		12.7%	13.0%
% 65+ with hypertension		67.7%	70.2%
% 65+ ever had a heart attack		4.7%	4.5%
% 65+ with ischemic heart disease		32.4%	34.3%
% 65+ with congestive heart failure		15.8%	17.7%
% 65+ with atrial fibrillation		13.7%	14.4%
% 65+ with peripheral vascular disease	B	12.8%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		49.1%	49.1%
% 65+ with osteoporosis	B	13.7%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer		1.7%	1.6%
% 65+ with colon cancer		2.4%	2.4%
% 65+ women with breast cancer		9.8%	9.8%
% 65+ women with endometrial cancer		1.6%	1.7%
% 65+ men with prostate cancer		12.3%	11.5%
% 65+ with benign prostatic hyperplasia		35.5%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		18.7%	20.8%
% 65+ with anemia	B	34.6%	37.3%
% 65+ with chronic kidney disease	B	17.0%	22.3%
% 65+ with liver diseases		6.6%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.4%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		4.5%	4.0%
% 65+ with epilepsy		1.8%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		22.9%	22.9%
% 65+ with cataract	W	65.1%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.5%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	51.2%	54.4%
% 65+ with 0 chronic conditions		10.9%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty	W	33.2%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	10.6%	14.4%
% 65+ with self-reported vision difficulty		10.2%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		6.1%	6.9%
% 65+ with self-reported ambulatory difficulty	W	37.2%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.7%	3.2%
% 65+ with self-reported self-care difficulty		12.1%	5.6%
% 65+ with self-reported independent living difficulty		23.3%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees	*	10.0%	7.9%
% dually eligible for Medicare and Medicaid		7.2%	7.5%
% 60+ with a regular doctor		90.8%	95.8%
% 60+ who did not see doctor when needed due to cost		6.7%	5.4%
# of primary care providers within 5 miles		29	2,961
# of hospitals within 5 miles		1	26
# of nursing homes within 5 miles		0	74
# of home health agencies		2	49
# of community health centers		1	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	4.4	6.3
Emergency room visits/1000 persons 65+ years per year		565	572
Part D monthly prescription fills per person per year	*	43.5	49.1
Home health visits per year	*	1.7	2.5
Durable medical equipment claims per year	*	2.5	2.0
Inpatient hospital stays/1000 persons 65+ years per year		227	237
Medicare inpatient hospital readmissions (as % of admissions)		14.2%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		60	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.2%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		2.9%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		18.6%	16.0%
# of universities and community colleges		1	41
# of public libraries		2	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		89.0%	93.0%
% 60+ who used Internet in last month		78.9%	77.6%
Voter participation rate in 2018 election (age 18+)		44.2%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		207	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		40	586
Property crime rate /100,000 persons		2,668	2,012
% 65+ who own a motor vehicle		81.2%	91.0%
% 60+ who always drive wearing a seatbelt		76.1%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		17	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		13.4%	5.4%
% 60+ receiving food stamps past year		10.7%	5.7%
% 65+ employed past year		11.5%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		37.6%	18.2%
% households with annual income \$20,000-\$49,999		37.6%	36.5%
% households with annual income > \$50,000		24.9%	45.3%
% 60+ own home		65.9%	79.9%
% 60+ have mortgage on home		20.8%	35.3%
% 65+ households spend >35% of income on housing (renter)		2.1%	8.7%
% 65+ households spend >35% of income on housing (owner)		25.3%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$23,496	\$25,284	0.93
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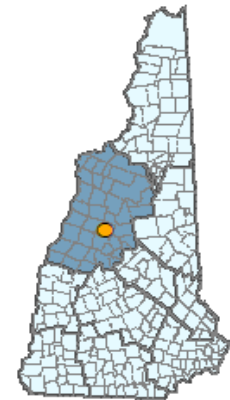
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- Safety & Transportation: U.S. Department of Justice Federal Bureau of Investigation (August 2017), the County Health Rankings (2018), BRFSS (2011-2016), ACS (2012-2016), and the National Highway Traffic Safety Administration (2011-2015).
- Economic & Housing, Cost of Living: ACS (2012-2016) and the Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (August 2017).

*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, Shuangshuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019

## Rumney (Grafton)

Rumney is a town in Grafton County at the southern edge of the White Mountain National Forest. There are 277 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, high cholesterol, depression, chronic obstructive pulmonary disease, hypertension, peripheral vascular disease, osteoporosis, anemia, chronic kidney disease, pressure ulcers, and hearing impairment. Community resources to support healthy aging include 3 home health agencies, a senior center, and a public library.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		1,644	1,327,503
Population 60 years or older as % of total population		28.5%	22.7%
Total population 60 years or older		468	301,630
Population 65 years or older as % of total population		16.8%	15.8%
Total population 65 years or older		277	210,385
% 65-74 years		61.4%	58.5%
% 75-84 years		26.7%	28.6%
% 85 years or older		11.9%	12.9%
Gender (65+ population)			
% female		55.2%	54.7%
Race/Ethnicity (65+ population)			
% White		94.2%	97.7%
% African American		0.0%	0.5%
% Asian		2.5%	0.9%
% Other		3.2%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		66.4%	58.5%
% divorced/separated		8.7%	14.0%
% widowed		22.0%	22.9%
% never married		2.9%	4.6%
Education (65+ population)			
% with less than high school education		11.6%	12.3%
% with high school or some college		56.7%	57.1%
% with college degree		31.8%	30.6%
% of 65+ population living alone		17.0%	26.1%
% of 65+ population who speak only English at home		96.4%	91.3%
% of 65+ population who are veterans of military service		17.0%	24.8%
Age-sex adjusted 1-year mortality rate		3.7%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		1.1%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		77.5%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		30.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		24.3%	19.9%
% 60+ getting recommended hours of sleep		68.7%	66.4%
% 60+ injured in a fall within last 12 months		8.2%	10.4%
% 65+ had hip fracture		3.0%	3.3%
% 60+ with self-reported fair or poor health status		13.3%	16.5%
% 60+ with 15+ physically unhealthy days last month		14.1%	12.5%
% 60+ with physical exam/check-up in past year		83.2%	86.5%
% 60+ met CDC preventive health screening goals		38.5%	40.3%
% 60+ flu shot past year		60.9%	59.3%
% 65+ with pneumonia vaccine		83.7%	77.8%
% 60+ with cholesterol screening		93.9%	95.3%
% 60+ women with a mammogram within last 2 years		79.2%	79.3%
% 60+ with colorectal cancer screening		69.9%	77.0%
% 60+ with HIV test		18.1%	13.5%
% 60+ current smokers		8.8%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		31.7%	29.0%
% 60+ with annual dental exam		73.5%	75.7%
# of dentists per 100,000 persons (all ages) (county)		83	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		24.1%	20.2%
% 60+ self-reported obese		22.1%	27.2%
% 65+ clinically diagnosed obese	B	12.8%	16.7%
% 65+ with high cholesterol	B	67.1%	72.2%
% 60+ excessive drinking		7.0%	9.2%
% 65+ with poor supermarket access		1.3%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		7.8%	6.9%
% 65+ with depression	B	23.8%	28.8%
% 65+ with anxiety disorders		18.6%	21.9%
% 65+ with bipolar disorders		3.3%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders		5.2%	4.9%
% 65+ with personality disorders		1.5%	1.1%
# opioid deaths (all ages) (county)		45	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.0%	5.5%
% 65+ with tobacco use disorders		11.6%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		10.3%	12.0%
% 65+ with diabetes		24.7%	28.2%
% 65+ with stroke		10.5%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	16.3%	20.5%
% 65+ with asthma		13.3%	13.0%
% 65+ with hypertension	B	65.1%	70.2%
% 65+ ever had a heart attack		4.0%	4.5%
% 65+ with ischemic heart disease		31.8%	34.3%
% 65+ with congestive heart failure		16.2%	17.7%
% 65+ with atrial fibrillation		15.0%	14.4%
% 65+ with peripheral vascular disease	B	10.3%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		44.9%	49.1%
% 65+ with osteoporosis	B	12.1%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer		1.7%	1.6%
% 65+ with colon cancer		2.4%	2.4%
% 65+ women with breast cancer		8.4%	9.8%
% 65+ women with endometrial cancer		1.6%	1.7%
% 65+ men with prostate cancer		10.9%	11.5%
% 65+ with benign prostatic hyperplasia		37.8%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		20.6%	20.8%
% 65+ with anemia	B	32.6%	37.3%
% 65+ with chronic kidney disease	B	16.4%	22.3%
% 65+ with liver diseases		6.0%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.0%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		4.5%	4.0%
% 65+ with epilepsy		1.8%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		23.4%	22.9%
% 65+ with cataract		58.8%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	5.0%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	49.6%	54.4%
% 65+ with 0 chronic conditions	B	14.2%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		13.4%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	11.0%	14.4%
% 65+ with self-reported vision difficulty		5.1%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		5.8%	6.9%
% 65+ with self-reported ambulatory difficulty	B	11.2%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.7%	3.2%
% 65+ with self-reported self-care difficulty		5.4%	5.6%
% 65+ with self-reported independent living difficulty		10.5%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		7.9%	7.9%
% dually eligible for Medicare and Medicaid	*	4.3%	7.5%
% 60+ with a regular doctor		90.8%	95.8%
% 60+ who did not see doctor when needed due to cost		6.7%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		3	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	4.3	6.3
Emergency room visits/1000 persons 65+ years per year		570	572
Part D monthly prescription fills per person per year	*	43.7	49.1
Home health visits per year	*	1.1	2.5
Durable medical equipment claims per year		1.8	2.0
Inpatient hospital stays/1000 persons 65+ years per year		202	237
Medicare inpatient hospital readmissions (as % of admissions)		13.8%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		51	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.3%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		2.8%	0.8%
% of grandparents who live with grandchildren		3.9%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		32.9%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		89.0%	93.0%
% 60+ who used Internet in last month		78.9%	77.6%
Voter participation rate in 2018 election (age 18+)		54.1%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		40	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		92.5%	91.0%
% 60+ who always drive wearing a seatbelt		76.1%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		17	151



HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		14.8%	5.4%
% 60+ receiving food stamps past year		5.9%	5.7%
% 65+ employed past year		23.5%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		26.9%	18.2%
% households with annual income \$20,000-\$49,999		35.6%	36.5%
% households with annual income > \$50,000		37.5%	45.3%
% 60+ own home		95.1%	79.9%
% 60+ have mortgage on home		32.1%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		29.4%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$23,496	\$25,284	0.93
Single, renter, good health	\$26,592	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$35,436	\$37,128	0.95
Couple, renter, good health	\$38,532	\$38,244	1.01

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

#### Data Sources:

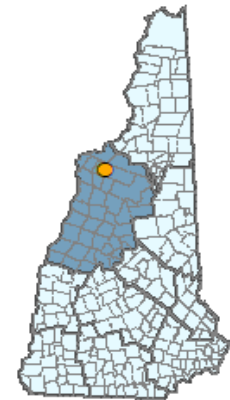
- Population Characteristics: The U.S. Census Bureau (American Community Survey 2012-2016).
- Wellness & Prevention: The Behavioral Risk Factor Surveillance System (2011-2016).
- Nutrition/Diet: BRFSS (2011-2016), CMS (2014-2015), and the U.S. Department of Agriculture Food Atlas (2017).
- Behavioral Health: BRFSS (2011-2016), CMS (2014-2015), CDC Wonder website (2014-2016).
- Chronic Disease: The Master Beneficiary Summary File ABCD/Other from CMS (2014-2015).
- Disability: CMS (2014-2015) for the clinical measures, and ACS (2012-2016) for the self-reported disability.
- Access to Care: BRFSS (2011-2016), CMS (2015), Medicare.gov (June-July 2018), the NH Division of Public Health Services (2018), National Adult Day Services Association (2018), memorycaresdirectory.com (2018), and the Alzheimer's Association (July 2018).
- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic Engagement: AARP (2018 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), the Aging & Disability Resource Center, U.S. Environmental Protection Agency Air Compare (2016), assistedlivingfacilities.org, ACS (2012-2016), the NH Department of Business and Economic Affairs Division of Travel and Tourism Development (August 2018), NH YMCA (July 2018), the Federal Communications Commission (2016), BRFSS (2011-2016), and the NH Secretary of State.
- Safety & Transportation: U.S. Department of Justice Federal Bureau of Investigation (August 2017), the County Health Rankings (2018), BRFSS (2011-2016), ACS (2012-2016), and the National Highway Traffic Safety Administration (2011-2015).
- Economic & Housing, Cost of Living: ACS (2012-2016) and the Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (August 2017).

*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019

## Sugar Hill (Grafton)

Sugar Hill is a rural town in Grafton County that overlooks the White Mountain National Forest. There are 196 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, high cholesterol, anxiety and bipolar disorders, tobacco use disorders, Alzheimer’s disease or related dementias, diabetes, chronic obstructive pulmonary disease, asthma, hypertension, ischemic heart disease, congestive heart failure, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, benign prostatic hyperplasia, hypothyroidism, anemia, chronic kidney disease, and fibromyalgia/chronic pain/fatigue. Community resources to support healthy aging include 2 primary care providers and a nursing home within 5 miles, a home health agency, a senior center, and a public library.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		694	1,327,503
Population 60 years or older as % of total population		45.0%	22.7%
Total population 60 years or older		312	301,630
Population 65 years or older as % of total population		28.2%	15.8%
Total population 65 years or older		196	210,385
% 65-74 years		65.3%	58.5%
% 75-84 years		23.0%	28.6%
% 85 years or older		11.7%	12.9%
Gender (65+ population)			
% female		45.4%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		76.0%	58.5%
% divorced/separated		2.0%	14.0%
% widowed		12.2%	22.9%
% never married		9.7%	4.6%
Education (65+ population)			
% with less than high school education		3.1%	12.3%
% with high school or some college		55.6%	57.1%
% with college degree		41.3%	30.6%
% of 65+ population living alone		18.4%	26.1%
% of 65+ population who speak only English at home		95.9%	91.3%
% of 65+ population who are veterans of military service		23.5%	24.8%
Age-sex adjusted 1-year mortality rate		3.4%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		2.6%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		73.6%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		23.8%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.3%	58.6%
% 60+ met CDC guidelines for both types of physical activities		17.3%	19.9%
% 60+ getting recommended hours of sleep		64.8%	66.4%
% 60+ injured in a fall within last 12 months		9.6%	10.4%
% 65+ had hip fracture		3.4%	3.3%
% 60+ with self-reported fair or poor health status		18.0%	16.5%
% 60+ with 15+ physically unhealthy days last month		16.6%	12.5%
% 60+ with physical exam/check-up in past year		83.2%	86.5%
% 60+ met CDC preventive health screening goals		38.2%	40.3%
% 60+ flu shot past year		52.1%	59.3%
% 65+ with pneumonia vaccine		74.9%	77.8%
% 60+ with cholesterol screening		92.9%	95.3%
% 60+ women with a mammogram within last 2 years		77.0%	79.3%
% 60+ with colorectal cancer screening		80.9%	77.0%
% 60+ with HIV test		16.2%	13.5%
% 60+ current smokers		10.6%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		33.6%	29.0%
% 60+ with annual dental exam		69.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		83	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		15.2%	20.2%
% 60+ self-reported obese		27.6%	27.2%
% 65+ clinically diagnosed obese	B	10.9%	16.7%
% 65+ with high cholesterol	B	62.8%	72.2%
% 60+ excessive drinking		7.6%	9.2%
% 65+ with poor supermarket access		0.5%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		8.0%	6.9%
% 65+ with depression		25.2%	28.8%
% 65+ with anxiety disorders	B	17.2%	21.9%
% 65+ with bipolar disorders	B	1.6%	3.1%
% 65+ with post-traumatic stress disorder		1.8%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.4%	4.9%
% 65+ with personality disorders		0.9%	1.1%
# opioid deaths (all ages) (county)		45	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.7%	5.5%
% 65+ with tobacco use disorders	B	5.8%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	9.3%	12.0%
% 65+ with diabetes	B	18.0%	28.2%
% 65+ with stroke		8.3%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	9.2%	20.5%
% 65+ with asthma	B	10.2%	13.0%
% 65+ with hypertension	B	61.0%	70.2%
% 65+ ever had a heart attack		3.0%	4.5%
% 65+ with ischemic heart disease	B	24.4%	34.3%
% 65+ with congestive heart failure	B	13.7%	17.7%
% 65+ with atrial fibrillation		12.1%	14.4%
% 65+ with peripheral vascular disease	B	10.4%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	43.0%	49.1%
% 65+ with osteoporosis		17.0%	17.4%
% 65+ with leukemias and lymphomas		1.7%	2.0%
% 65+ with lung cancer		1.4%	1.6%
% 65+ with colon cancer		2.6%	2.4%
% 65+ women with breast cancer		9.5%	9.8%
% 65+ women with endometrial cancer		2.0%	1.7%
% 65+ men with prostate cancer		12.6%	11.5%
% 65+ with benign prostatic hyperplasia	B	29.4%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism	B	15.6%	20.8%
% 65+ with anemia	B	31.0%	37.3%
% 65+ with chronic kidney disease	B	11.7%	22.3%
% 65+ with liver diseases		5.0%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	13.5%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		3.8%	4.0%
% 65+ with epilepsy		1.8%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		25.2%	22.9%
% 65+ with cataract		65.1%	61.2%
% 65+ with pressure ulcer or chronic ulcer		5.4%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	39.2%	54.4%
% 65+ with 0 chronic conditions	B	13.7%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		15.8%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		17.5%	14.4%
% 65+ with self-reported vision difficulty		8.7%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		3.1%	6.9%
% 65+ with self-reported ambulatory difficulty		12.8%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.7%	3.2%
% 65+ with self-reported self-care difficulty		7.7%	5.6%
% 65+ with self-reported independent living difficulty		9.7%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		6.6%	7.9%
% dually eligible for Medicare and Medicaid	*	4.6%	7.5%
% 60+ with a regular doctor		96.4%	95.8%
% 60+ who did not see doctor when needed due to cost		9.7%	5.4%
# of primary care providers within 5 miles		2	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		1	74
# of home health agencies		1	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	4.4	6.3
Emergency room visits/1000 persons 65+ years per year		480	572
Part D monthly prescription fills per person per year	*	37.8	49.1
Home health visits per year	*	1.2	2.5
Durable medical equipment claims per year	*	1.3	2.0
Inpatient hospital stays/1000 persons 65+ years per year		184	237
Medicare inpatient hospital readmissions (as % of admissions)		18.8%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		71	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		2.6%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.7%	0.8%
% of grandparents who live with grandchildren		0.7%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		29.9%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		89.0%	93.0%
% 60+ who used Internet in last month		72.9%	77.6%
Voter participation rate in 2018 election (age 18+)		65.1%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		59	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		40	586
Property crime rate /100,000 persons		1,108	2,012
% 65+ who own a motor vehicle		98.5%	91.0%
% 60+ who always drive wearing a seatbelt		73.0%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		17	151



HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		1.0%	5.4%
% 60+ receiving food stamps past year		2.0%	5.7%
% 65+ employed past year		36.7%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		6.1%	18.2%
% households with annual income \$20,000-\$49,999		22.0%	36.5%
% households with annual income > \$50,000		72.0%	45.3%
% 60+ own home		94.2%	79.9%
% 60+ have mortgage on home		30.5%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		31.8%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$23,496	\$25,284	0.93
Single, renter, good health	\$26,592	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$35,436	\$37,128	0.95
Couple, renter, good health	\$38,532	\$38,244	1.01

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

#### Data Sources:

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- Disability: CMS (2014-2015) for the clinical measures, and ACS (2012-2016) for the self-reported disability.
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- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic Engagement: AARP (2018 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), the Aging & Disability Resource Center, U.S. Environmental Protection Agency Air Compare (2016), assistedlivingfacilities.org, ACS (2012-2016), the NH Department of Business and Economic Affairs Division of Travel and Tourism Development (August 2018), NH YMCA (July 2018), the Federal Communications Commission (2016), BRFSS (2011-2016), and the NH Secretary of State.
- Safety & Transportation: U.S. Department of Justice Federal Bureau of Investigation (August 2017), the County Health Rankings (2018), BRFSS (2011-2016), ACS (2012-2016), and the National Highway Traffic Safety Administration (2011-2015).
- Economic & Housing, Cost of Living: ACS (2012-2016) and the Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (August 2017).

*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019



## Thornton (Grafton)

Thornton is a rural town located in Grafton County, nestled in the Pemigewasset River Valley. There are 537 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, depression, anxiety and bipolar disorders, schizophrenia and other psychotic disorders, chronic kidney disease, liver diseases, fibromyalgia/chronic pain/fatigue, migraines, epilepsy, and hearing, visual, and mobility impairments. Community resources to support healthy aging include 3 home health agencies, a senior center, and a public library.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		2,007	1,327,503
Population 60 years or older as % of total population		35.4%	22.7%
Total population 60 years or older		710	301,630
Population 65 years or older as % of total population		26.8%	15.8%
Total population 65 years or older		537	210,385
% 65-74 years		63.1%	58.5%
% 75-84 years		26.6%	28.6%
% 85 years or older		10.2%	12.9%
Gender (65+ population)			
% female		50.3%	54.7%
Race/Ethnicity (65+ population)			
% White		98.3%	97.7%
% African American		0.0%	0.5%
% Asian		1.7%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		72.4%	58.5%
% divorced/separated		4.8%	14.0%
% widowed		14.5%	22.9%
% never married		8.2%	4.6%
Education (65+ population)			
% with less than high school education		12.8%	12.3%
% with high school or some college		54.2%	57.1%
% with college degree		33.0%	30.6%
% of 65+ population living alone		20.7%	26.1%
% of 65+ population who speak only English at home		98.0%	91.3%
% of 65+ population who are veterans of military service		32.8%	24.8%
Age-sex adjusted 1-year mortality rate	B	2.2%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		1.7%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		77.5%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		30.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		24.3%	19.9%
% 60+ getting recommended hours of sleep		68.7%	66.4%
% 60+ injured in a fall within last 12 months		8.2%	10.4%
% 65+ had hip fracture		2.7%	3.3%
% 60+ with self-reported fair or poor health status		13.3%	16.5%
% 60+ with 15+ physically unhealthy days last month		14.1%	12.5%
% 60+ with physical exam/check-up in past year		83.2%	86.5%
% 60+ met CDC preventive health screening goals		38.5%	40.3%
% 60+ flu shot past year		60.9%	59.3%
% 65+ with pneumonia vaccine		83.7%	77.8%
% 60+ with cholesterol screening		93.9%	95.3%
% 60+ women with a mammogram within last 2 years		79.2%	79.3%
% 60+ with colorectal cancer screening		69.9%	77.0%
% 60+ with HIV test		18.1%	13.5%
% 60+ current smokers		8.8%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		31.7%	29.0%
% 60+ with annual dental exam		73.5%	75.7%
# of dentists per 100,000 persons (all ages) (county)		83	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		24.1%	20.2%
% 60+ self-reported obese		22.1%	27.2%
% 65+ clinically diagnosed obese		13.6%	16.7%
% 65+ with high cholesterol	B	66.6%	72.2%
% 60+ excessive drinking		7.0%	9.2%
% 65+ with poor supermarket access		17.3%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		7.8%	6.9%
% 65+ with depression	B	22.9%	28.8%
% 65+ with anxiety disorders	B	16.7%	21.9%
% 65+ with bipolar disorders	B	1.5%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.6%	4.9%
% 65+ with personality disorders		0.7%	1.1%
# opioid deaths (all ages) (county)		45	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.6%	5.5%
% 65+ with tobacco use disorders		9.2%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		11.5%	12.0%
% 65+ with diabetes		29.8%	28.2%
% 65+ with stroke		9.9%	10.8%
% 65+ with chronic obstructive pulmonary disease		18.2%	20.5%
% 65+ with asthma		15.9%	13.0%
% 65+ with hypertension		67.7%	70.2%
% 65+ ever had a heart attack		5.0%	4.5%
% 65+ with ischemic heart disease		34.2%	34.3%
% 65+ with congestive heart failure		20.7%	17.7%
% 65+ with atrial fibrillation		13.4%	14.4%
% 65+ with peripheral vascular disease		12.0%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		44.1%	49.1%
% 65+ with osteoporosis		14.3%	17.4%
% 65+ with leukemias and lymphomas		1.7%	2.0%
% 65+ with lung cancer		1.4%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		9.8%	9.8%
% 65+ women with endometrial cancer		2.2%	1.7%
% 65+ men with prostate cancer		10.0%	11.5%
% 65+ with benign prostatic hyperplasia		36.4%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		20.9%	20.8%
% 65+ with anemia		39.6%	37.3%
% 65+ with chronic kidney disease	B	15.1%	22.3%
% 65+ with liver diseases	B	4.6%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	13.8%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache	B	3.1%	4.0%
% 65+ with epilepsy	B	1.3%	2.1%
% 65+ with traumatic brain injury		1.1%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		20.9%	22.9%
% 65+ with cataract		63.5%	61.2%
% 65+ with pressure ulcer or chronic ulcer		8.1%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	49.0%	54.4%
% 65+ with 0 chronic conditions		11.4%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		15.3%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	9.4%	14.4%
% 65+ with self-reported vision difficulty		3.4%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.5%	0.9%
% 65+ with self-reported cognition difficulty		2.2%	6.9%
% 65+ with self-reported ambulatory difficulty		14.9%	18.8%
% 65+ with clinical diagnosis of mobility impairments	B	1.7%	3.2%
% 65+ with self-reported self-care difficulty		5.6%	5.6%
% 65+ with self-reported independent living difficulty		7.8%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		8.5%	7.9%
% dually eligible for Medicare and Medicaid		7.8%	7.5%
% 60+ with a regular doctor		90.8%	95.8%
% 60+ who did not see doctor when needed due to cost		6.7%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		3	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	5.5	6.3
Emergency room visits/1000 persons 65+ years per year		531	572
Part D monthly prescription fills per person per year	*	42.8	49.1
Home health visits per year		1.8	2.5
Durable medical equipment claims per year		1.9	2.0
Inpatient hospital stays/1000 persons 65+ years per year		180	237
Medicare inpatient hospital readmissions (as % of admissions)		16.5%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	41	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		2.7%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		1.0%	0.8%
% of grandparents who live with grandchildren		1.0%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		51.0%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		89.0%	93.0%
% 60+ who used Internet in last month		78.9%	77.6%
Voter participation rate in 2018 election (age 18+)		65.8%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		80	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		40	586
Property crime rate /100,000 persons		801	2,012
% 65+ who own a motor vehicle		97.3%	91.0%
% 60+ who always drive wearing a seatbelt		76.1%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		17	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		2.0%	5.4%
% 60+ receiving food stamps past year		0.0%	5.7%
% 65+ employed past year		24.8%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		9.0%	18.2%
% households with annual income \$20,000-\$49,999		55.5%	36.5%
% households with annual income > \$50,000		35.5%	45.3%
% 60+ own home		88.7%	79.9%
% 60+ have mortgage on home		49.7%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		26.3%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$23,496	\$25,284	0.93
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- Behavioral Health: BRFSS (2011-2016), CMS (2014-2015), CDC Wonder website (2014-2016).
- Chronic Disease: The Master Beneficiary Summary File ABCD/Other from CMS (2014-2015).
- Disability: CMS (2014-2015) for the clinical measures, and ACS (2012-2016) for the self-reported disability.
- Access to Care: BRFSS (2011-2016), CMS (2015), Medicare.gov (June-July 2018), the NH Division of Public Health Services (2018), National Adult Day Services Association (2018), memorycaresdirectory.com (2018), and the Alzheimer's Association (July 2018).
- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic Engagement: AARP (2018 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), the Aging & Disability Resource Center, U.S. Environmental Protection Agency Air Compare (2016), assistedlivingfacilities.org, ACS (2012-2016), the NH Department of Business and Economic Affairs Division of Travel and Tourism Development (August 2018), NH YMCA (July 2018), the Federal Communications Commission (2016), BRFSS (2011-2016), and the NH Secretary of State.
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Update: 05/2019

## Warren (Grafton)

Warren is a rural town in Grafton County and home to Moose Hillock Camping Resort. There are 161 residents age 65 or older. Compared to state average rates, older residents fared had higher rates of tobacco use disorders, Alzheimer’s disease or related dementias, chronic obstructive pulmonary disease, congestive heart failure, peripheral vascular disease, anemia, cataracts, and pressure ulcers. Community resources to support healthy aging include 3 home health agencies, a community health center, a senior center, a senior center, and a public library.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		869	1,327,503
Population 60 years or older as % of total population		24.9%	22.7%
Total population 60 years or older		216	301,630
Population 65 years or older as % of total population		18.5%	15.8%
Total population 65 years or older		161	210,385
% 65-74 years		82.6%	58.5%
% 75-84 years		12.4%	28.6%
% 85 years or older		5.0%	12.9%
Gender (65+ population)			
% female		51.6%	54.7%
Race/Ethnicity (65+ population)			
% White		98.8%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		1.2%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		72.7%	58.5%
% divorced/separated		8.1%	14.0%
% widowed		17.4%	22.9%
% never married		1.9%	4.6%
Education (65+ population)			
% with less than high school education		8.1%	12.3%
% with high school or some college		72.7%	57.1%
% with college degree		19.3%	30.6%
% of 65+ population living alone		21.7%	26.1%
% of 65+ population who speak only English at home		98.1%	91.3%
% of 65+ population who are veterans of military service		19.9%	24.8%
Age-sex adjusted 1-year mortality rate		4.4%	4.1%



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		1.2%	3.6%
% moved from different county in New Hampshire		1.9%	1.0%
% moved from different state		1.9%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		77.5%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		30.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		24.3%	19.9%
% 60+ getting recommended hours of sleep		68.7%	66.4%
% 60+ injured in a fall within last 12 months		8.2%	10.4%
% 65+ had hip fracture		3.0%	3.3%
% 60+ with self-reported fair or poor health status		13.3%	16.5%
% 60+ with 15+ physically unhealthy days last month		14.1%	12.5%
% 60+ with physical exam/check-up in past year		83.2%	86.5%
% 60+ met CDC preventive health screening goals		38.5%	40.3%
% 60+ flu shot past year		60.9%	59.3%
% 65+ with pneumonia vaccine		83.7%	77.8%
% 60+ with cholesterol screening		93.9%	95.3%
% 60+ women with a mammogram within last 2 years		79.2%	79.3%
% 60+ with colorectal cancer screening		69.9%	77.0%
% 60+ with HIV test		18.1%	13.5%
% 60+ current smokers		8.8%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		31.7%	29.0%
% 60+ with annual dental exam		73.5%	75.7%
# of dentists per 100,000 persons (all ages) (county)		83	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		24.1%	20.2%
% 60+ self-reported obese		22.1%	27.2%
% 65+ clinically diagnosed obese		17.1%	16.7%
% 65+ with high cholesterol		72.2%	72.2%
% 60+ excessive drinking		7.0%	9.2%
% 65+ with poor supermarket access		41.3%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		7.8%	6.9%
% 65+ with depression		28.8%	28.8%
% 65+ with anxiety disorders		25.9%	21.9%
% 65+ with bipolar disorders		3.3%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders		5.2%	4.9%
% 65+ with personality disorders		1.5%	1.1%
# opioid deaths (all ages) (county)		45	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		6.2%	5.5%
% 65+ with tobacco use disorders	W	17.0%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	W	16.8%	12.0%
% 65+ with diabetes		32.3%	28.2%
% 65+ with stroke		12.3%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	25.6%	20.5%
% 65+ with asthma		15.6%	13.0%
% 65+ with hypertension		71.2%	70.2%
% 65+ ever had a heart attack		4.1%	4.5%
% 65+ with ischemic heart disease		33.6%	34.3%
% 65+ with congestive heart failure	W	23.7%	17.7%
% 65+ with atrial fibrillation		15.5%	14.4%
% 65+ with peripheral vascular disease	W	20.4%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		50.0%	49.1%
% 65+ with osteoporosis		15.0%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer		1.7%	1.6%
% 65+ with colon cancer		2.4%	2.4%
% 65+ women with breast cancer		6.2%	9.8%
% 65+ women with endometrial cancer		1.6%	1.7%
% 65+ men with prostate cancer		7.8%	11.5%
% 65+ with benign prostatic hyperplasia		41.2%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		21.1%	20.8%
% 65+ with anemia	W	44.3%	37.3%
% 65+ with chronic kidney disease		23.2%	22.3%
% 65+ with liver diseases		7.6%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		22.8%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		4.5%	4.0%
% 65+ with epilepsy		1.8%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		24.0%	22.9%
% 65+ with cataract	W	70.0%	61.2%
% 65+ with pressure ulcer or chronic ulcer	W	12.6%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		55.8%	54.4%
% 65+ with 0 chronic conditions		10.4%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		13.0%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.0%	14.4%
% 65+ with self-reported vision difficulty		12.4%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		4.3%	6.9%
% 65+ with self-reported ambulatory difficulty		21.1%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.7%	3.2%
% 65+ with self-reported self-care difficulty		5.6%	5.6%
% 65+ with self-reported independent living difficulty		10.6%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		8.9%	7.9%
% dually eligible for Medicare and Medicaid	*	14.6%	7.5%
% 60+ with a regular doctor		90.8%	95.8%
% 60+ who did not see doctor when needed due to cost		6.7%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		3	49
# of community health centers		1	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	3.9	6.3
Emergency room visits/1000 persons 65+ years per year	*	743	572
Part D monthly prescription fills per person per year	*	62.1	49.1
Home health visits per year		2.0	2.5
Durable medical equipment claims per year		2.8	2.0
Inpatient hospital stays/1000 persons 65+ years per year		312	237
Medicare inpatient hospital readmissions (as % of admissions)		19.8%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		81	76
# skilled nursing home Medicare beds/1000 persons 65+ years		311	33
% 65+ getting Medicaid long term services and supports	*	10.8%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		1.6%	0.8%
% of grandparents who live with grandchildren		4.4%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		43.0%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		89.0%	93.0%
% 60+ who used Internet in last month		78.9%	77.6%
Voter participation rate in 2018 election (age 18+)		50.8%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		40	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		94.2%	91.0%
% 60+ who always drive wearing a seatbelt		76.1%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		17	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		5.6%	5.4%
% 60+ receiving food stamps past year		5.8%	5.7%
% 65+ employed past year		30.4%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		16.5%	18.2%
% households with annual income \$20,000-\$49,999		58.3%	36.5%
% households with annual income > \$50,000		25.2%	45.3%
% 60+ own home		89.5%	79.9%
% 60+ have mortgage on home		33.8%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		30.1%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$23,496	\$25,284	0.93
Single, renter, good health	\$26,592	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$35,436	\$37,128	0.95
Couple, renter, good health	\$38,532	\$38,244	1.01

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

#### Data Sources:

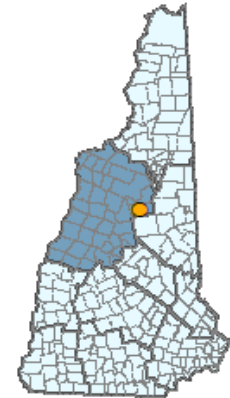
- Population Characteristics: The U.S. Census Bureau (American Community Survey 2012-2016).
- Wellness & Prevention: The Behavioral Risk Factor Surveillance System (2011-2016).
- Nutrition/Diet: BRFSS (2011-2016), CMS (2014-2015), and the U.S. Department of Agriculture Food Atlas (2017).
- Behavioral Health: BRFSS (2011-2016), CMS (2014-2015), CDC Wonder website (2014-2016).
- Chronic Disease: The Master Beneficiary Summary File ABCD/Other from CMS (2014-2015).
- Disability: CMS (2014-2015) for the clinical measures, and ACS (2012-2016) for the self-reported disability.
- Access to Care: BRFSS (2011-2016), CMS (2015), Medicare.gov (June-July 2018), the NH Division of Public Health Services (2018), National Adult Day Services Association (2018), memorycaresdirectory.com (2018), and the Alzheimer's Association (July 2018).
- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic Engagement: AARP (2018 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), the Aging & Disability Resource Center, U.S. Environmental Protection Agency Air Compare (2016), assistedlivingfacilities.org, ACS (2012-2016), the NH Department of Business and Economic Affairs Division of Travel and Tourism Development (August 2018), NH YMCA (July 2018), the Federal Communications Commission (2016), BRFSS (2011-2016), and the NH Secretary of State.
- Safety & Transportation: U.S. Department of Justice Federal Bureau of Investigation (August 2017), the County Health Rankings (2018), BRFSS (2011-2016), ACS (2012-2016), and the National Highway Traffic Safety Administration (2011-2015).
- Economic & Housing, Cost of Living: ACS (2012-2016) and the Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (August 2017).

*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, Shuangshuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019

## Waterville Valley (Grafton)

Waterville Valley is a rural town in Grafton County and is known for its alpine skiing. There are 51 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, depression, bipolar disorders, schizophrenia and other psychotic disorders, Alzheimer’s disease or related dementias, obstructive pulmonary disease, asthma, peripheral vascular disease, chronic kidney disease, migraines, epilepsy, and hearing, visual, and mobility impairments. Community resources to support healthy aging include a home health agency, a senior center, and a public library.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		186	1,327,503
Population 60 years or older as % of total population		34.9%	22.7%
Total population 60 years or older		65	301,630
Population 65 years or older as % of total population		27.4%	15.8%
Total population 65 years or older		51	210,385
% 65-74 years		84.3%	58.5%
% 75-84 years		7.8%	28.6%
% 85 years or older		7.8%	12.9%
Gender (65+ population)			
% female		23.5%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		37.3%	58.5%
% divorced/separated		37.3%	14.0%
% widowed		17.6%	22.9%
% never married		7.8%	4.6%
Education (65+ population)			
% with less than high school education		2.0%	12.3%
% with high school or some college		25.5%	57.1%
% with college degree		72.5%	30.6%
% of 65+ population living alone		72.5%	26.1%
% of 65+ population who speak only English at home		98.0%	91.3%
% of 65+ population who are veterans of military service		25.5%	24.8%
Age-sex adjusted 1-year mortality rate		3.1%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		13.7%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		77.5%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		30.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		24.3%	19.9%
% 60+ getting recommended hours of sleep		68.7%	66.4%
% 60+ injured in a fall within last 12 months		8.2%	10.4%
% 65+ had hip fracture		2.7%	3.3%
% 60+ with self-reported fair or poor health status		13.3%	16.5%
% 60+ with 15+ physically unhealthy days last month		14.1%	12.5%
% 60+ with physical exam/check-up in past year		83.2%	86.5%
% 60+ met CDC preventive health screening goals		38.5%	40.3%
% 60+ flu shot past year		60.9%	59.3%
% 65+ with pneumonia vaccine		83.7%	77.8%
% 60+ with cholesterol screening		93.9%	95.3%
% 60+ women with a mammogram within last 2 years		79.2%	79.3%
% 60+ with colorectal cancer screening		69.9%	77.0%
% 60+ with HIV test		18.1%	13.5%
% 60+ current smokers		8.8%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		31.7%	29.0%
% 60+ with annual dental exam		73.5%	75.7%
# of dentists per 100,000 persons (all ages) (county)		83	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		24.1%	20.2%
% 60+ self-reported obese		22.1%	27.2%
% 65+ clinically diagnosed obese	B	8.7%	16.7%
% 65+ with high cholesterol		71.3%	72.2%
% 60+ excessive drinking		7.0%	9.2%
% 65+ with poor supermarket access		17.3%	28.4%



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		7.8%	6.9%
% 65+ with depression	B	21.2%	28.8%
% 65+ with anxiety disorders		17.7%	21.9%
% 65+ with bipolar disorders	B	1.5%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.6%	4.9%
% 65+ with personality disorders		0.7%	1.1%
# opioid deaths (all ages) (county)		45	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.2%	5.5%
% 65+ with tobacco use disorders		7.8%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	8.0%	12.0%
% 65+ with diabetes		27.9%	28.2%
% 65+ with stroke		8.4%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	12.7%	20.5%
% 65+ with asthma	B	9.7%	13.0%
% 65+ with hypertension		68.8%	70.2%
% 65+ ever had a heart attack		2.9%	4.5%
% 65+ with ischemic heart disease		35.1%	34.3%
% 65+ with congestive heart failure		15.9%	17.7%
% 65+ with atrial fibrillation		12.9%	14.4%
% 65+ with peripheral vascular disease	B	10.8%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		46.2%	49.1%
% 65+ with osteoporosis		13.9%	17.4%
% 65+ with leukemias and lymphomas		1.7%	2.0%
% 65+ with lung cancer		1.4%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		9.8%	9.8%
% 65+ women with endometrial cancer		2.2%	1.7%
% 65+ men with prostate cancer		12.3%	11.5%
% 65+ with benign prostatic hyperplasia		37.6%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		18.1%	20.8%
% 65+ with anemia		33.8%	37.3%
% 65+ with chronic kidney disease	B	14.1%	22.3%
% 65+ with liver diseases		7.2%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		16.9%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache	B	3.1%	4.0%
% 65+ with epilepsy	B	1.3%	2.1%
% 65+ with traumatic brain injury		1.1%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		20.1%	22.9%
% 65+ with cataract		62.4%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.1%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	46.5%	54.4%
% 65+ with 0 chronic conditions		10.9%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		7.8%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	8.7%	14.4%
% 65+ with self-reported vision difficulty		0.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.5%	0.9%
% 65+ with self-reported cognition difficulty		0.0%	6.9%
% 65+ with self-reported ambulatory difficulty		0.0%	18.8%
% 65+ with clinical diagnosis of mobility impairments	B	1.7%	3.2%
% 65+ with self-reported self-care difficulty		0.0%	5.6%
% 65+ with self-reported independent living difficulty		0.0%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		8.1%	7.9%
% dually eligible for Medicare and Medicaid		5.9%	7.5%
% 60+ with a regular doctor		90.8%	95.8%
% 60+ who did not see doctor when needed due to cost		6.7%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		1	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year		6.5	6.3
Emergency room visits/1000 persons 65+ years per year		480	572
Part D monthly prescription fills per person per year	*	42.5	49.1
Home health visits per year	*	1.7	2.5
Durable medical equipment claims per year		1.6	2.0
Inpatient hospital stays/1000 persons 65+ years per year		242	237
Medicare inpatient hospital readmissions (as % of admissions)		17.7%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		62	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		3.2%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		0.0%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		92.5%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		89.0%	93.0%
% 60+ who used Internet in last month		78.9%	77.6%
Voter participation rate in 2018 election (age 18+)		93.5%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		134	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		40	586
Property crime rate /100,000 persons		13,488	2,012
% 65+ who own a motor vehicle		100.0%	91.0%
% 60+ who always drive wearing a seatbelt		76.1%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		17	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		0.0%	5.4%
% 60+ receiving food stamps past year		0.0%	5.7%
% 65+ employed past year		33.3%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		2.4%	18.2%
% households with annual income \$20,000-\$49,999		40.5%	36.5%
% households with annual income > \$50,000		57.1%	45.3%
% 60+ own home		100.0%	79.9%
% 60+ have mortgage on home		27.5%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		19.0%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$23,496	\$25,284	0.93
Single, renter, good health	\$26,592	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$35,436	\$37,128	0.95
Couple, renter, good health	\$38,532	\$38,244	1.01

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

#### Data Sources:

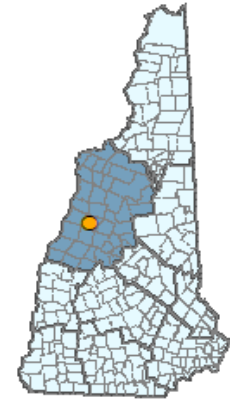
- Population Characteristics: The U.S. Census Bureau (American Community Survey 2012-2016).
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- Safety & Transportation: U.S. Department of Justice Federal Bureau of Investigation (August 2017), the County Health Rankings (2018), BRFSS (2011-2016), ACS (2012-2016), and the National Highway Traffic Safety Administration (2011-2015).
- Economic & Housing, Cost of Living: ACS (2012-2016) and the Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (August 2017).

*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019

## Wentworth (Grafton)

Wentworth is a rural town in Grafton County. There are 234 residents age 65 or older. Compared to state average rates, older residents fared worse on some healthy aging indicators with higher rates of tobacco use disorders, Alzheimer’s disease or related dementias, chronic obstructive pulmonary disease, congestive heart failure, peripheral vascular disease, anemia, cataracts, and pressure ulcers. Community resources to support healthy aging include 3 home health agencies, a senior center, and a public library.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		793	1,327,503
Population 60 years or older as % of total population		36.8%	22.7%
Total population 60 years or older		292	301,630
Population 65 years or older as % of total population		29.5%	15.8%
Total population 65 years or older		234	210,385
% 65-74 years		66.7%	58.5%
% 75-84 years		23.9%	28.6%
% 85 years or older		9.4%	12.9%
Gender (65+ population)			
% female		54.3%	54.7%
Race/Ethnicity (65+ population)			
% White		99.1%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.9%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		67.5%	58.5%
% divorced/separated		13.2%	14.0%
% widowed		15.4%	22.9%
% never married		3.8%	4.6%
Education (65+ population)			
% with less than high school education		13.2%	12.3%
% with high school or some college		59.8%	57.1%
% with college degree		26.9%	30.6%
% of 65+ population living alone		17.9%	26.1%
% of 65+ population who speak only English at home		97.9%	91.3%
% of 65+ population who are veterans of military service		26.1%	24.8%
Age-sex adjusted 1-year mortality rate		4.4%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		3.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		77.5%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		30.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		24.3%	19.9%
% 60+ getting recommended hours of sleep		68.7%	66.4%
% 60+ injured in a fall within last 12 months		8.2%	10.4%
% 65+ had hip fracture		3.0%	3.3%
% 60+ with self-reported fair or poor health status		13.3%	16.5%
% 60+ with 15+ physically unhealthy days last month		14.1%	12.5%
% 60+ with physical exam/check-up in past year		83.2%	86.5%
% 60+ met CDC preventive health screening goals		38.5%	40.3%
% 60+ flu shot past year		60.9%	59.3%
% 65+ with pneumonia vaccine		83.7%	77.8%
% 60+ with cholesterol screening		93.9%	95.3%
% 60+ women with a mammogram within last 2 years		79.2%	79.3%
% 60+ with colorectal cancer screening		69.9%	77.0%
% 60+ with HIV test		18.1%	13.5%
% 60+ current smokers		8.8%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		31.7%	29.0%
% 60+ with annual dental exam		73.5%	75.7%
# of dentists per 100,000 persons (all ages) (county)		83	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		24.1%	20.2%
% 60+ self-reported obese		22.1%	27.2%
% 65+ clinically diagnosed obese		17.1%	16.7%
% 65+ with high cholesterol		72.2%	72.2%
% 60+ excessive drinking		7.0%	9.2%
% 65+ with poor supermarket access		17.4%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		7.8%	6.9%
% 65+ with depression		28.8%	28.8%
% 65+ with anxiety disorders		25.9%	21.9%
% 65+ with bipolar disorders		3.3%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders		5.2%	4.9%
% 65+ with personality disorders		1.5%	1.1%
# opioid deaths (all ages) (county)		45	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		6.2%	5.5%
% 65+ with tobacco use disorders	W	17.0%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	W	16.8%	12.0%
% 65+ with diabetes		32.3%	28.2%
% 65+ with stroke		12.3%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	25.6%	20.5%
% 65+ with asthma		15.6%	13.0%
% 65+ with hypertension		71.2%	70.2%
% 65+ ever had a heart attack		4.1%	4.5%
% 65+ with ischemic heart disease		33.6%	34.3%
% 65+ with congestive heart failure	W	23.7%	17.7%
% 65+ with atrial fibrillation		15.5%	14.4%
% 65+ with peripheral vascular disease	W	20.4%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		50.0%	49.1%
% 65+ with osteoporosis		15.0%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer		1.7%	1.6%
% 65+ with colon cancer		2.4%	2.4%
% 65+ women with breast cancer		6.2%	9.8%
% 65+ women with endometrial cancer		1.6%	1.7%
% 65+ men with prostate cancer		7.8%	11.5%
% 65+ with benign prostatic hyperplasia		41.2%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		21.1%	20.8%
% 65+ with anemia	W	44.3%	37.3%
% 65+ with chronic kidney disease		23.2%	22.3%
% 65+ with liver diseases		7.6%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		22.8%	18.6%



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		4.5%	4.0%
% 65+ with epilepsy		1.8%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		24.0%	22.9%
% 65+ with cataract	W	70.0%	61.2%
% 65+ with pressure ulcer or chronic ulcer	W	12.6%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		55.8%	54.4%
% 65+ with 0 chronic conditions		10.4%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		14.5%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.0%	14.4%
% 65+ with self-reported vision difficulty		1.7%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		3.0%	6.9%
% 65+ with self-reported ambulatory difficulty		23.5%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.7%	3.2%
% 65+ with self-reported self-care difficulty		2.6%	5.6%
% 65+ with self-reported independent living difficulty		7.7%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		8.9%	7.9%
% dually eligible for Medicare and Medicaid	*	14.6%	7.5%
% 60+ with a regular doctor		90.8%	95.8%
% 60+ who did not see doctor when needed due to cost		6.7%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		3	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	3.9	6.3
Emergency room visits/1000 persons 65+ years per year	*	743	572
Part D monthly prescription fills per person per year	*	62.1	49.1
Home health visits per year		2.0	2.5
Durable medical equipment claims per year		2.8	2.0
Inpatient hospital stays/1000 persons 65+ years per year		312	237
Medicare inpatient hospital readmissions (as % of admissions)		19.8%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		81	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	10.8%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		1.0%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		37.4%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		89.0%	93.0%
% 60+ who used Internet in last month		78.9%	77.6%
Voter participation rate in 2018 election (age 18+)		62.9%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		40	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		98.6%	91.0%
% 60+ who always drive wearing a seatbelt		76.1%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		17	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		6.8%	5.4%
% 60+ receiving food stamps past year		2.6%	5.7%
% 65+ employed past year		17.1%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		19.6%	18.2%
% households with annual income \$20,000-\$49,999		42.8%	36.5%
% households with annual income > \$50,000		37.7%	45.3%
% 60+ own home		98.8%	79.9%
% 60+ have mortgage on home		34.1%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		24.6%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$23,496	\$25,284	0.93
Single, renter, good health	\$26,592	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$35,436	\$37,128	0.95
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- Behavioral Health: BRFSS (2011-2016), CMS (2014-2015), CDC Wonder website (2014-2016).
- Chronic Disease: The Master Beneficiary Summary File ABCD/Other from CMS (2014-2015).
- Disability: CMS (2014-2015) for the clinical measures, and ACS (2012-2016) for the self-reported disability.
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Update: 05/2019

## Woodstock (Grafton)

Woodstock is a rural town in Grafton County that is home to the Hubbard Brook Experimental Forest. There are 140 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, depression, anxiety and bipolar disorders, schizophrenia and other psychotic disorders, chronic kidney disease, liver diseases, fibromyalgia/chronic pain/fatigue, migraines, epilepsy, and hearing, visual, and mobility impairments. Community resources to support healthy aging include 2 home health agencies, a senior center, and a public library.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		1,004	1,327,503
Population 60 years or older as % of total population		22.7%	22.7%
Total population 60 years or older		228	301,630
Population 65 years or older as % of total population		13.9%	15.8%
Total population 65 years or older		140	210,385
% 65-74 years		49.3%	58.5%
% 75-84 years		50.7%	28.6%
% 85 years or older		0.0%	12.9%
Gender (65+ population)			
% female		42.1%	54.7%
Race/Ethnicity (65+ population)			
% White		92.1%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		7.9%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		72.9%	58.5%
% divorced/separated		6.4%	14.0%
% widowed		20.7%	22.9%
% never married		0.0%	4.6%
Education (65+ population)			
% with less than high school education		11.4%	12.3%
% with high school or some college		48.6%	57.1%
% with college degree		40.0%	30.6%
% of 65+ population living alone		24.3%	26.1%
% of 65+ population who speak only English at home		97.9%	91.3%
% of 65+ population who are veterans of military service		22.9%	24.8%
Age-sex adjusted 1-year mortality rate	B	2.2%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		2.9%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		77.5%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		30.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		24.3%	19.9%
% 60+ getting recommended hours of sleep		68.7%	66.4%
% 60+ injured in a fall within last 12 months		8.2%	10.4%
% 65+ had hip fracture		2.7%	3.3%
% 60+ with self-reported fair or poor health status		13.3%	16.5%
% 60+ with 15+ physically unhealthy days last month		14.1%	12.5%
% 60+ with physical exam/check-up in past year		83.2%	86.5%
% 60+ met CDC preventive health screening goals		38.5%	40.3%
% 60+ flu shot past year		60.9%	59.3%
% 65+ with pneumonia vaccine		83.7%	77.8%
% 60+ with cholesterol screening		93.9%	95.3%
% 60+ women with a mammogram within last 2 years		79.2%	79.3%
% 60+ with colorectal cancer screening		69.9%	77.0%
% 60+ with HIV test		18.1%	13.5%
% 60+ current smokers		8.8%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		31.7%	29.0%
% 60+ with annual dental exam		73.5%	75.7%
# of dentists per 100,000 persons (all ages) (county)		83	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		24.1%	20.2%
% 60+ self-reported obese		22.1%	27.2%
% 65+ clinically diagnosed obese		13.6%	16.7%
% 65+ with high cholesterol	B	66.6%	72.2%
% 60+ excessive drinking		7.0%	9.2%
% 65+ with poor supermarket access		41.3%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		7.8%	6.9%
% 65+ with depression	B	22.9%	28.8%
% 65+ with anxiety disorders	B	16.7%	21.9%
% 65+ with bipolar disorders	B	1.5%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.6%	4.9%
% 65+ with personality disorders		0.7%	1.1%
# opioid deaths (all ages) (county)		45	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.6%	5.5%
% 65+ with tobacco use disorders		9.2%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		11.5%	12.0%
% 65+ with diabetes		29.8%	28.2%
% 65+ with stroke		9.9%	10.8%
% 65+ with chronic obstructive pulmonary disease		18.2%	20.5%
% 65+ with asthma		15.9%	13.0%
% 65+ with hypertension		67.7%	70.2%
% 65+ ever had a heart attack		5.0%	4.5%
% 65+ with ischemic heart disease		34.2%	34.3%
% 65+ with congestive heart failure		20.7%	17.7%
% 65+ with atrial fibrillation		13.4%	14.4%
% 65+ with peripheral vascular disease		12.0%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		44.1%	49.1%
% 65+ with osteoporosis		14.3%	17.4%
% 65+ with leukemias and lymphomas		1.7%	2.0%
% 65+ with lung cancer		1.4%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		9.8%	9.8%
% 65+ women with endometrial cancer		2.2%	1.7%
% 65+ men with prostate cancer		10.0%	11.5%
% 65+ with benign prostatic hyperplasia		36.4%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		20.9%	20.8%
% 65+ with anemia		39.6%	37.3%
% 65+ with chronic kidney disease	B	15.1%	22.3%
% 65+ with liver diseases	B	4.6%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	13.8%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache	B	3.1%	4.0%
% 65+ with epilepsy	B	1.3%	2.1%
% 65+ with traumatic brain injury		1.1%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		20.9%	22.9%
% 65+ with cataract		63.5%	61.2%
% 65+ with pressure ulcer or chronic ulcer		8.1%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	49.0%	54.4%
% 65+ with 0 chronic conditions		11.4%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty	W	27.9%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	9.4%	14.4%
% 65+ with self-reported vision difficulty		5.7%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.5%	0.9%
% 65+ with self-reported cognition difficulty		2.9%	6.9%
% 65+ with self-reported ambulatory difficulty		17.1%	18.8%
% 65+ with clinical diagnosis of mobility impairments	B	1.7%	3.2%
% 65+ with self-reported self-care difficulty		0.0%	5.6%
% 65+ with self-reported independent living difficulty		0.0%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		8.5%	7.9%
% dually eligible for Medicare and Medicaid		7.8%	7.5%
% 60+ with a regular doctor		90.8%	95.8%
% 60+ who did not see doctor when needed due to cost		6.7%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		2	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	5.5	6.3
Emergency room visits/1000 persons 65+ years per year		531	572
Part D monthly prescription fills per person per year	*	42.8	49.1
Home health visits per year		1.8	2.5
Durable medical equipment claims per year		1.9	2.0
Inpatient hospital stays/1000 persons 65+ years per year		180	237
Medicare inpatient hospital readmissions (as % of admissions)		16.5%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	41	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		2.7%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		2.0%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		68.6%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		89.0%	93.0%
% 60+ who used Internet in last month		78.9%	77.6%
Voter participation rate in 2018 election (age 18+)		74.7%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		169	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		40	586
Property crime rate /100,000 persons		2,617	2,012
% 65+ who own a motor vehicle		100.0%	91.0%
% 60+ who always drive wearing a seatbelt		76.1%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		17	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		5.0%	5.4%
% 60+ receiving food stamps past year		2.3%	5.7%
% 65+ employed past year		34.3%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		19.0%	18.2%
% households with annual income \$20,000-\$49,999		51.9%	36.5%
% households with annual income > \$50,000		29.1%	45.3%
% 60+ own home		85.4%	79.9%
% 60+ have mortgage on home		22.9%	35.3%
% 65+ households spend >35% of income on housing (renter)		3.8%	8.7%
% 65+ households spend >35% of income on housing (owner)		10.1%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$23,496	\$25,284	0.93
Single, renter, good health	\$26,592	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$35,436	\$37,128	0.95
Couple, renter, good health	\$38,532	\$38,244	1.01

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

#### Data Sources:

- Population Characteristics: The U.S. Census Bureau (American Community Survey 2012-2016).
- Wellness & Prevention: The Behavioral Risk Factor Surveillance System (2011-2016).
- Nutrition/Diet: BRFSS (2011-2016), CMS (2014-2015), and the U.S. Department of Agriculture Food Atlas (2017).
- Behavioral Health: BRFSS (2011-2016), CMS (2014-2015), CDC Wonder website (2014-2016).
- Chronic Disease: The Master Beneficiary Summary File ABCD/Other from CMS (2014-2015).
- Disability: CMS (2014-2015) for the clinical measures, and ACS (2012-2016) for the self-reported disability.
- Access to Care: BRFSS (2011-2016), CMS (2015), Medicare.gov (June-July 2018), the NH Division of Public Health Services (2018), National Adult Day Services Association (2018), memorycaresdirectory.com (2018), and the Alzheimer's Association (July 2018).
- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic Engagement: AARP (2018 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), the Aging & Disability Resource Center, U.S. Environmental Protection Agency Air Compare (2016), assistedlivingfacilities.org, ACS (2012-2016), the NH Department of Business and Economic Affairs Division of Travel and Tourism Development (August 2018), NH YMCA (July 2018), the Federal Communications Commission (2016), BRFSS (2011-2016), and the NH Secretary of State.
- Safety & Transportation: U.S. Department of Justice Federal Bureau of Investigation (August 2017), the County Health Rankings (2018), BRFSS (2011-2016), ACS (2012-2016), and the National Highway Traffic Safety Administration (2011-2015).
- Economic & Housing, Cost of Living: ACS (2012-2016) and the Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (August 2017).

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Update: 05/2019